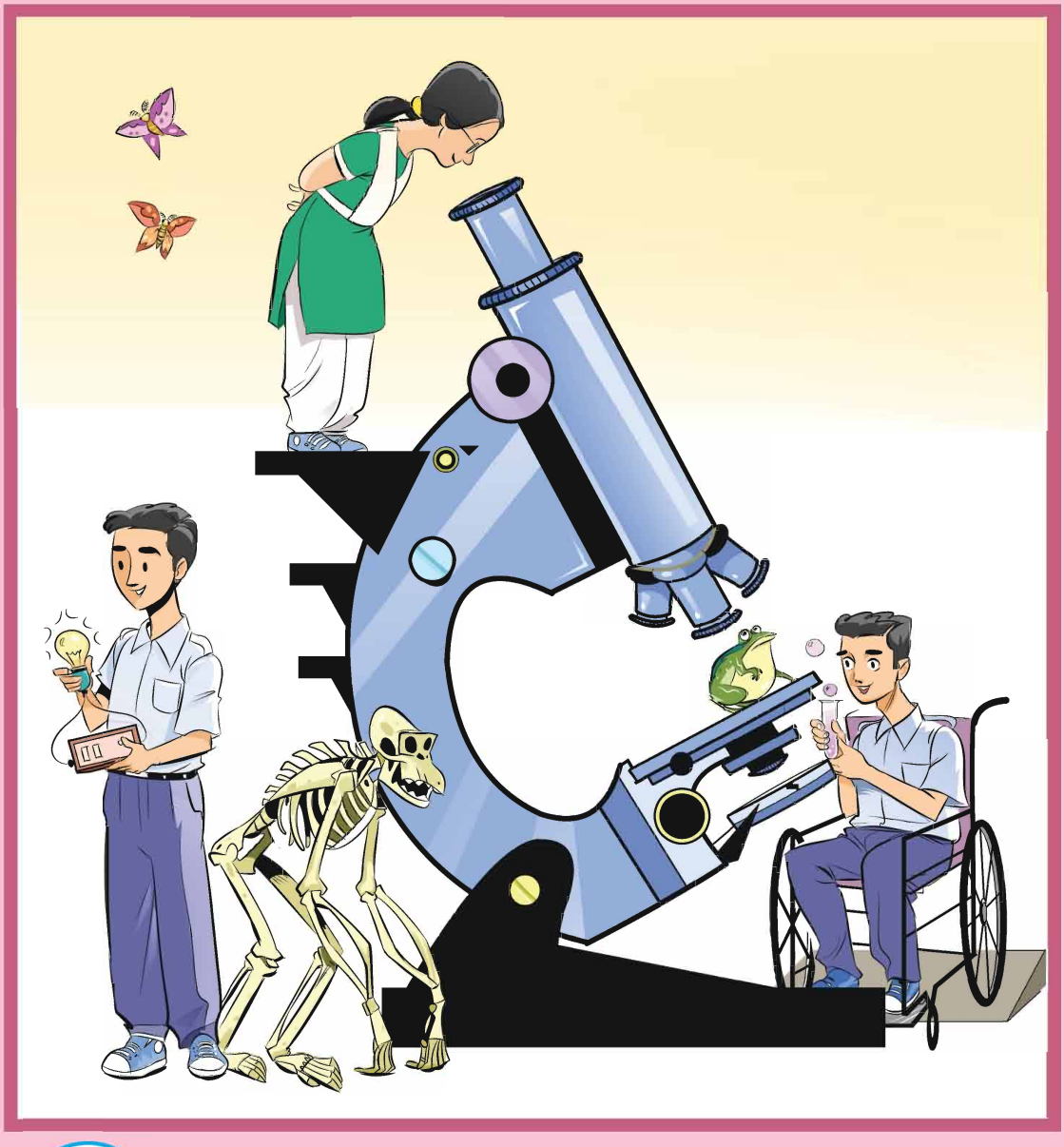
Science

Classes Nine-Ten



NATIONAL CURRICULUM AND TEXTBOOK BOARD, BANGLADESH

Chapter One

Healthy Life, Better Living



We cannot live without food. Regularly several types of food are necessary for the growth and development of the body, repair and replacement of worn out tissue, and for producing energy etc. Our health depends largely on the quality of the food we take. Food can make differences in our appearance, work, behaviour and standard of life. During the process of respiration the chemical energy of food is converted into heat energy. Every living being takes food from the environment according to its need. Each type of food is a complex chemical compound. This complex food turns into simple food by different types of enzymes in different parts of our digestive system. This process is called digestion. After digestion, foods are absorbed by the protoplasm of the cells. This is called metabolism. After digestion the indigested part of the food comes out of the body through a special process.



At the end of this chapter we will be able to-

- Explain the types of food and the ideal food pyramid.
- Describe the needs of the preservation of food.
- Analyse the impact of natural food and fast food on the preservation of health.
- Explain the sources of vitamins and their deficiency symptoms.
- Explain the sources of minerals and their deficiency symptoms.
- Explain the necessity of body mass index.
- Explain the usefullness of water and fibrous food.
- Describe the use of chemicals in food and its effects.
- Explain the harmful reactions of tobacco and drugs in human body.
- Explain what AIDS is.
- Explain the technique of maintaining physical fitness.

1.1 Food and Nutrition

According to the science of nutrition, all that we eat are not food. Then, what is food? The edible items which can produce energy and immunity and help to grow and develop a living body by its nutrition are called food. Nutrition is- getting necessary food items from the environment and digesting and absorbing them, then fulfillment of energy need, developing the immunity of diseases, and growth of the body. The organic and inorganic elements in food which provide the vital force of the living body are collectively called the nutrients e.g. - glucose, minerals and vitamins etc. Nutrients do not need to be digested. Living beings get nutrients from food. The three main functions of food are-

1. growth and development, repair and protection of the body.
2. production of heat and energy.
3. protecting the body from diseases and making the body healthy, energetic and active.

Elements of Food

There are six components of food (Fig : 1.01) e.g. - carbohydrates, proteins, fats, vitamins, minerals and water. Among them carbohydrates, proteins and fats are nutrients; these help the body to produce nutrition, ensure development and give energy. Fats and carbohydrates are called the energy producing foods and proteins are called the body building foods. Vitamins, minerals and water are called the protecting elements because these protect the body from diseases.

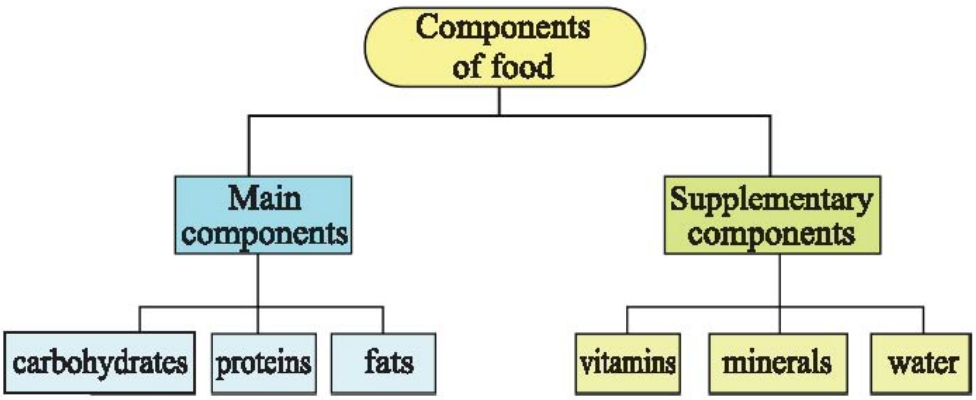


Fig. 1.01 : Six components of food

1.1.1 Carbohydrates

Carbohydrates are the main food for human beings. It produces energy and heat. It is formed by carbon, hydrogen and oxygen. Sugar has no colour and smell but is sweet in taste.

Plant Sources

Starch: Rice, wheat, maize and many other cereals are the main sources of starch. Besides these, potato, sweet potato and arum are vital sources.

Glucose: It is less sweet than sugar. This carbohydrate is available in grapes, apples, carrots, dates etc.

Fructose: In mango, papaya, banana and orange, or other sweet fruits and in flower extracted honey, fructose is available. This is called fruit sugar.

Sucrose: Sugarcane, sugar, molasses and sugar- candy are the sources of sucrose.

Cellulose: Wood apple, mango, banana, watermelon, groundnut, dry fruit and all kinds of vegetables are the potential sources of cellulose.

Animal Source

Lactose or Milk Sugar: The milk of cows, goats and other animals are the sources of lactose.

Glycogen: Glycogen is available in the meat and liver of birds like chicken, pigeon etc.

Nutritional Value

Carbohydrate has an important role in nutrition. Carbohydrate produces energy and heat in body. During respiration carbohydrate is oxidized and produces energy for metabolism. Glycogen provides energy in deficiency of food or in hard labour. Cellulose is a non digestive type carbohydrate. This is a fibrous food. It protects the body from constipation. Besides, proteins and fats are synthesized from carbohydrates.

To get rid of the deficiency diseases of sugar we have to take an optimum amount of sugar every day. On the other hand if the amount of sugar is more than the need extra fat is accumulated as fat cell in the body. It may cause obesity and diabetes. Through the breathing or respiration process, we inhale oxygen which gets mixed with blood in our lungs. Red blood cells of blood carry this oxygen to the cells of our body and there it reacts with glucose to produce heat energy. This heat energy is the source of all our energies.

The energy in food is measured as food calories or kilo calorie. The amount of heat energy produced by the oxidation of one gram of food is called the food calorie. The amount of energy to increase 1° Celsius temperature of 1 gram water is called one calorie. One thousand calorie is equal to one kilo calorie or one food calorie. Food calorie is expressed in kilo calorie. The calorie of carbohydrates and protein is almost equal- 4 kcal/gm, while fat has the highest amount of calorie, that is, 9 kcal/gm. An adult male person needs to eat food equal to 2500 kcal per day and for a woman this figure is 2000 kcal a day.

1.1.2 Proteins

A protein is composed of carbon, hydrogen, oxygen and nitrogen. There is 16% nitrogen in proteins. A protein is converted into an amino acid after digestion. A protein is identified by its amino acid. 20 types of amino acids have been found so far in the human body. Amino acids are the units of protein formation.

According to their sources, there are two types of proteins-- animal proteins and plant proteins. The proteins which are obtained from animals are called animal proteins e.g. fish, meat, egg, milk, cheese etc. The proteins which are obtained from plants are called plant proteins. e.g.- pulse, bean, seeds, pea, nuts, etc.

Eight out of a total of 20 amino acids are essential. These are lysine, tryptophan, methionine, valine, leocine, isoleucine, phenyle alanine and threonine. Body can synthesize the other amino acids except these eight types. These eight types of proteins are more available in animal protein. That is why the nutrient value of animal protein is much more than plant proteins. Plant foods like pulse,

soybean, pea and maize are rich in higher nutrient value. The other plant foods have no essential amino acid. So these plant foods have less nutrient value.

Proteins are essential for the building of animal body. Most of the parts of the body are formed by proteins. Bone, muscle, hair, bird feather, nail, animal horns etc. are made by protein. 50% of dry weight of an animal cell is protein, because the structure and function of a cell is regulated by proteins.

1.1.3 Fats and Lipid

Fats are composed of fatty acids and glycerol. There are 20 types of fatty acids in food. The quality of fats depends on fatty acids. Solid lipids are called fats. Lipids are saturated fatty acids. They are solid at normal temperature e.g. the fats of fish and meat. The lipids which are liquids at normal temperature are called oils. Oils are unsaturated fatty acids. They are liquid at normal temperature e.g. soybean oil, mustard oil etc. Lipids are of two types according to their sources.

1. **Animal lipids:** Meat with fat, butter, ghee, cheese, yolk of eggs are the sources of animal fat.

2. **Plant lipids:** Different types of vegetable oils are the sources of plant lipids. Mustard, soybean, sesame, linseed, maize, coconut, sunflower and palm oil are the sources of plant lipids. Cashew, pistachio and peanut are also the sources of lipids.

Role of Lipid

1. Lipid is the highest source of heat and energy in the body.
2. Lipid is essential for the growth and nutrition of the body.
3. It prevents the misuse of heat and works as a source of food storage for the future.
4. It keeps the skin smooth, soft and healthy and thus protects the skin from skin disease.
5. Lipid helps to absorb the soluble vitamins e.g.- A, D, E and K.

Diseases Resulting from Lipid Deficiency and Its Remedies

The deficiency of lipids causes skin diseases and eczema. Skin becomes dry and rough and loses its beauty. The long time deficiency of lipid causes break down of the stored protein and body loses its weight. On the other hand too much of lipid disturbs the blood circulation of the body. For this reason, fattybody is easily attacked with diseases.

1.1.4 Vitamins

Even if the food contains sufficient amounts of carbohydrates and proteins, a special type of food is necessary for the normal growth and nutrition of the body. This food element is called vitamin.

Vitamin is essential for normal growth and a healthy body. Normal growth and body repair along with different metabolic activities are disrupted due to vitamin deficiency. Vitamin is an organic compound. If we eat a healthy diet with adequate vegetables everyday, we can get the required vitamins from our daily food.

Some vitamins are soluble in fats and some are soluble in water.

Fat soluble vitamins : Vitamin A, D, E and K.

Water soluble vitamins : Vitamin B complex and Vitamin C.

Fat Soluble Vitamins

Vitamin A

Animal sources of vitamin A are eggs, cow's milk, butter, posset, yogurt, liver and different types of oil rich fish, specially the cod fish. Plant sources of vitamin A are carotene rich vegetables e.g. red amaranthus, kachu shak, data shak, basil, jute leaf, kalmi shak, mint, pea, carrot, lady finger, cabbage, peanut and different types of fruits e.g.- mango, ripe

papaya, jackfruit are the great sources of vitamin A. Large amounts of vitamin A is present in carrots. The functions of vitamin A are:

1. It ensures smooth activities for the growth and development of the body.
2. It maintains normal activities of different types of epithelial tissue e.g. skin and cornea of the eyes.
3. It keeps teeth, gum and bones healthy.
4. It keeps the eye sight normal and protects the eyes from night blindness.
5. It protects the body from contagious diseases.

Deficiency Symptoms of Vitamin A and Remedies

Night blindness is the result of the deficiency of vitamin A. Cornea ulcer also results from its deficiency. This is called xerophthalmia. Due to this disease a person becomes totally blind. The growth of the body is also disturbed due to the deficiency of vitamin A. Sometimes it causes the symptom of scabies, cold and cough and throat pain. Sometimes rash is also seen on the skin.

Vitamin D

Animals are the only source of vitamin D. Vitamin D is synthesized in human skin by the ultraviolet ray of the sun. Yolk of eggs, milk and butter are the main sources of vitamin D. Cabbage, liver and oil rich fish are also the sources of vitamin D.Vitamin D helps the body absorb calcium which is useful to build bones. Because of the deficiency of vitamin D, children may be attacked with rickets disease. Taking more vitamins than the need is harmful to the body. So, a huge amount of calcium and phosphorus are absorbed. As a result, a large amount of calcium is stored in the kidney, heart and veins.

Vitamin E

All types of vegetable oil, especially palm oil, are the best sources of vitamin E. More or less all the foods have vitamin E. Large amount of E is available in corn oil, cotton seed oil, sunflower oil and lettuce leaf. In human bodies vitamin E is the anti oxidant. This anti oxidant inhibits the accumulation of fat in veins and keeps the skin healthy. Besides this vitamin E also helps to develop the cell and also participates in various metabolic activities. Vitamin E also removes infertility of human beings and of other animals. The embryo may die in the uterus for the deficiency of vitamin E. Eating a balanced diet everyday can fulfill the demand of vitamin E.

Water Soluble Vitamins

Vitamin B complex

Vitamin B complex or vitamin B are 12 in number. This group of vitamins is called the vitamin B complex. Vitamin B complex is very important for normal health. The presence of vitamin B is essential for the growth of the body especially for the work of the brain and the nervous system, metabolic activity of the cell and for reproduction.

The sources, deficiency symptoms and the amount of different types of vitamins in the B complex group are shown below:

Vitamin	Source	Symptoms
Thiamin (B_1)	Plant source: husked rice, flour, pulse, oil seed, nut, fresh fruits, and vegetables. Animal source: Liver, egg, milk, fish etc. contain small amount of B_1.	Severe deficiency of vitamin B1 causes the symptom of beriberi disease. Weak nerve, depression, tiredness, loss of appetite, weight loss are also caused by its deficiency.

Riboflavin (B_2)	Liver, egg, milk, green vegetables, young shoot of plant and germinated seed.	Wounds in the angle of lips, mouth and tongue wrinkled skin, burning sensation of eyes, uneasiness in opening eyes in light.
Niacin or Nicotinic acid (B_5)	Meat, liver, ata, pulse, nut, oil seed, chick-pea and vegetables.	Its deficiency causes pellagra disease. Melanin is accumulated in skin due to this disease and melanin increases in the sun light. As a result skin becomes reddish and rough. Besides, the patient suffers from atrophy for accumulation of pigments in the tongue.
Pyridoxine (B_6)	Rice, ata, fish, meat, vegetables, chick-pea, fungi, kidney and yolk of eggs.	Loss of appetite, vomiting tendency and anaemia occurs due to its deficiency.
Cobalamin or Cyanocobalmin (B_{12})	Liver, milk, fish, meat, egg, cheese kidney etc.	Anaemia and nervous system disorder occurs due to its deficiency.

Vitamin C (Ascorbic acid)

Fresh vegetables and fruits contain vitamin C. The fruits like amloki, lemon, orange, tomato, pineapple and guava are the sources of vitamin C. The vegetables like radish, lettuce, coriander leaf, mint, green chili, cauliflower and bitter gourd contain large amounts of vitamin C. Dry fruit, seed and canned food do not contain this vitamin.

The role of vitamin C are-

1. The cells of skin, bone, teeth become compact and strong.
2. The damaged cells get repaired.
3. Teeth and gum become strong.
4. Vitamin C has an important role in the metabolism of fat, protein and amino acids.
5. It keeps the skin bright and smooth.
6. It protects the body from diseases.

Due to its severe deficiency scurvy disease (bleeding from the gum of teeth) occurs. For its deficiency (i) Bones cannot become strong. (ii) Skin diseases are caused by its deficiency and it takes time to repair the damaged cell (iii) The gum of the teeth swells and teeth become weak. (iv) The immunity of the body decreases and frequently catches cold.



Individual Work

Task : Make a chart of the diseases caused by the deficiency of vitamins that we have discussed.

1.1.5 Minerals and Water

For the normal growth and nutrition of the body, minerals are as essential as vitamins. Minerals mainly help in the formation of cells. Animals get minerals from the plant source. We fulfill the demand of minerals by eating vegetables, fruits, milk, egg, fish and drinking water. The source, nutritional value and the deficiency symptoms of some important minerals are described below.

Iron (Fe)

Iron is the main element of blood. 100 mL blood contains 50 mg iron. It is stored in liver, pancreas, bone and red blood cells. The plant sources of iron are

cauliflower, spine amaranths, neem leaf, fig, green banana, maize, wheat, nut and millet. The animal sources are fish, meat, egg and liver. The main function of iron is hemoglobin formation. Hemoglobin deficiency causes anaemia. The symptoms of anaemia are pale eyes, swelling of hands and legs, weakness, headache and palpitation.

Calcium (Ca)

The main element of bone and teeth is calcium. About 2% of human body weight is calcium. The amount of calcium is the highest in the minerals. Among them, 90% are accumulated in the bone and teeth accompanied with phosphorus and magnesium. The amount of calcium is significant in blood and lymph.The plant sources of calcium are: pulse, sesame, soybean, cauliflowers, carrots, spinach, kochu leaf, red amaranthus and kalmi leaf. The animal sources of calcium are milk, eggs, small fish and dry fish.

For the strong bone and teeth calcium is essential. Besides this, calcium helps in blood circulation, normal construction of the muscle of the heart and the movement of heart and muscle. Rickets and osteomalacia of aged women occurs due to deficiency of calcium. Calcium deficiency delays in the formation of teeth of babies and disturbs in blood circulation.

Phosphorus (P)

The importance of phosphorus regarding its amount in the body is next to calcium. Like calcium, phosphorus is also an element of the bone. Phosphorus is accumulated in the bone, liver and plasma. Phosphorus plays a vital role in the formation of nucleic acid and nucleo protein and in carbohydrate metabolism. Plant source- cereal, beans, peanuts and nuts are the sources of phosphorus. Animal source- Eggs, milk, fish, meat are the sources of phosphorus.

The main function of phosphorus is the formation of bone and teeth. Osteoporosis, rickets and dental caries result from phosphorus deficiency.

If there is sufficient amount of protein and calcium in food, phosphorus deficiency does not occur.

Water

Water is one of the main components of food. Water is essential for the human body. The structure and function of the body cannot be maintained without water. Water constitutes 60-75% of our total body weight. Water is essential for the formation of our blood, muscle, nerve, teeth, bones etc.

It is not possible to form the body cell and physiological function of the body without water. It works as a solution for the human body. Water helps in digestion and absorption of food. Metabolism produces urea, ammonia etc in our body. Water helps to dispose these toxic elements from the body as urine and sweat. Besides this, water keeps our body cool by sweating and evaporation.

The sources of water in body-

1. Drinking water, drinks e.g.- tea, milk, coffee and juice.
2. By taking food e.g.- vegetables and fruit.

If the intake of water and release of water are equal, the balance of water is maintained in the body. An adult person should drink 2-3 liters of water per day.

Hot weather and hard labour are the causes of deficiency of water in the body. So, the amount of drinking water should be increased in this situation. If diabetes is not in control, it causes repeated urinating. So, the deficiency of water occurs in the body.

Severe thirst, inhibition of blood circulation and shrunk skin result from the deficiency of water. The nerve and muscle also become weak due to lack of water. The balance of acid and alkali is lost and it causes acidosis. 10% of water loss of the body causes fainting and even death of a person. Vomiting and diarrhoea are also caused by water deficiency in the body. The patient should take salt water or saline water for the rapid cure of water deficiency. The water

and salt which come out of the body, is recovered by saline water. If oral saline is not available in the house, it can be made by mixing a pinch of salt, a handful of molasses or sugar and a glass of water.

1.1.6 Fibre

Besides the components of food, discussed so far, another very important component of food is roughages or fiber-rich foods. Fibre or roughage is mainly obtained from plants. Entire seeds, pulse, potato, fruits with peel and vegetables are the sources of roughage. Besides this, dry fruit, cumin, coriander and pea contain a large amount of roughage. Roughage is mainly cellulose contained in the plant cell wall. Roughage does not supply any nutrient to our body. It can protect the body from constipation, heart disease and diabetes. How roughage protects these diseases are yet to be known clearly. Roughage can go right through the intestine. It does not create any mold on the wall of the intestine. So, it can protect diseases.

The importance of roughage food is as follows:

1. It helps to digest food. It absorbs water and increases the amount of stool.
2. It helps to dispose the indigested food from the body.
3. It helps to decrease the extra fat of the body.
4. It also decreases the tendency of frequent hunger.
5. It is thought that roughage food can decrease gallbladder diseases, cancer of the intestine and colon, piles, appendices, heart diseases and obesity.

So we should take 20-30 grams of fiber food everyday. This fiber is obtained from vegetables and fruits.

1.2 Body Mass Index (BMI)

A body continues to grow after birth. Then it becomes a child, reaches teenage, youth and adulthood. The growth of human body continues up to the age of 20-24 years. The height does not increase after that time. Then the role of food

is to repair and keep the body healthy. In adult age, for good health, it needs to maintain a balance between height and weight of the body. The index which shows the balance in height and weight is called the BMI or Body Mass Index. If the body weight is balanced with the height, then it can be considered a nutritionally healthy body.

The law of BMI

body weight (kg) / height (meter)^2

That is, the body weight of a person is divided by the square meter of his height and that is the BMI of that person.

For example:

The body weight of a person is 80 kg and height is 1.8 meter.

$$\text{BMI} = \frac{80}{1.8 \times 1.8} = 24.7 \text{ (approximate)}$$

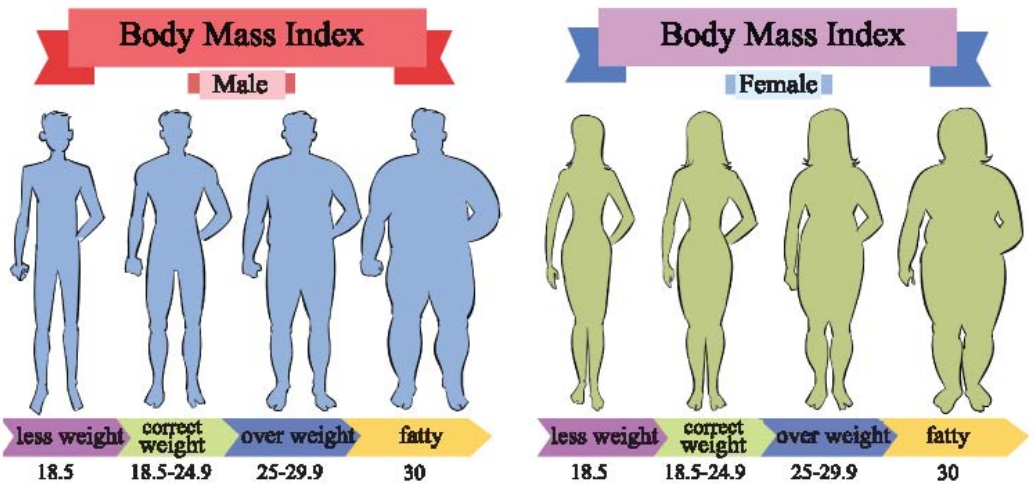


Fig. 1.02 : Body Mass Index

Fig. 1.02 shows that 25 is healthy and normal BMI. If a person has less or more BMI than this, he/she is considered under-weight and obese respectively.

Group Work

Calculate the BMI of all the students of your class and show it in a graph chart (Fig : 1.03). What is the average BMI of your class?

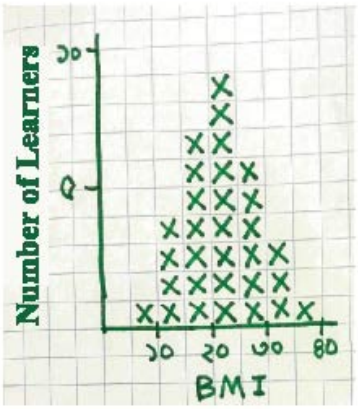


Fig. 1.03 : BMI and group of learners

1.3 What will be the daily diet

We have learnt about the calorie and kilocalorie of food while discussing the nutritional value of food in this chapter.

An adult, who does physical work, should take food of 2000-2500 kilokalories per day. It is necessary to eat vitamins, minerals and fibrous food along with vegetables and fruits.

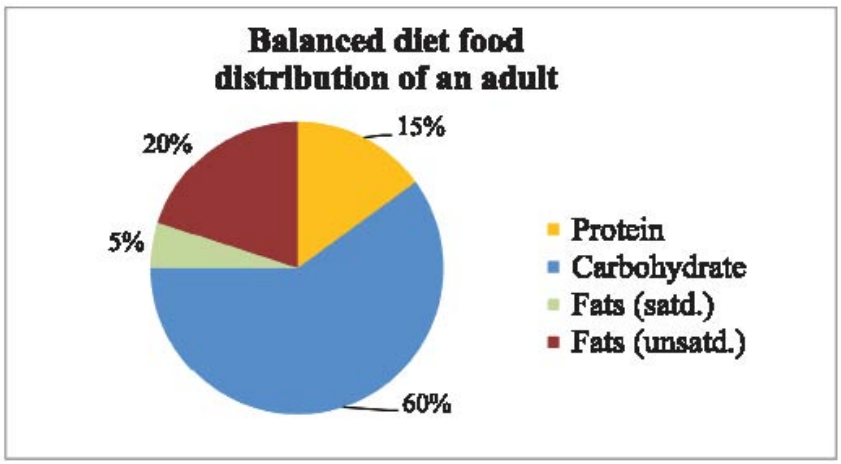


Fig. 1.04 : Balanced diet food distribution of an adult

Individual Work

Task : Hilsa fish, chicken egg, meat with fat, bean seed, yogurt, rice, potato, sugar, oil, sweet pumpkin, cauliflower, tomato, small fish, chick-pea, ice cream, bread, butter, honey, ghee, basil, jackfruit, mango.

Make a chart of food elements with the 21 food items mentioned above:

Carbohydrate	Protein	Fat	Vitamins and minerals	
			Vegetable	Fruit

According to the table below make a list of low cost and high cost foods.
List of the foods (low cost food)

Name of the food components	Low cost food	Costly food
1. Carbohydrate 2. Protein 3. Fats 4. Vitamin enriched vegetables/fruits 5. Mineral enriched vegetables/fruits		

From the above table you can surely assume that to eat healthy food it is necessary to eat costly food- is not true. By proper planning we can eat healthy food with minimum cost.

1.3.1 Balanced Diet

We know what food is and what the elements of food are. Over-eating is harmful to health and at the same time eating less food is also harmful to health. So, we have to take balanced food for good health. To become obese by eating more is a big problem in the first world.

Balanced diet does not mean a specific food. Balanced diet is a food which is the collection of all the food items with a specific amount and from which we can get the necessary calorie for our normal activity. Balanced diet is a diet which contains all the six elements of food and eating this food we get the necessary calories for our normal activities. For example, an adult active healthy male needs 2500-and female needs 2000 kilo calorie energy daily. We get this calorie from food. So, in our daily food list we need to select such food items in which all the six elements of food are present in a certain amount.

For preparing a list of balanced food we have to consider the age, sex and physical work done by the person . For the preparation of the list of food for a baby and an aged person easily digestible and fat free food should be considered. Growing babies need protein, calcium and phosphorus enriched food for the growth of bones and teeth. Extra proteins, calcium, and iodine are very important for producing blood and for the development of the embryo in a pregnant lady. No definite balanced food is available in nature. We have to prepare the balanced food.

The preparation of balanced food

Carbohydrate	Protein	Fat	Vitamin	Mineral
Rice	Fish	Butter	Milk, Eggs	Milk
Wheat	Meat	Oil	Fruit	Eggs
Sugar/ Molasses	Eggs	Ghee	Fish/Meat	Vegetables

The Pyramid of Balanced Diet

It is important to include carbohydrates, vegetables, fruits, proteins and fats in a balanced diet menu. It is seen that the amount of carbohydrate is highest in a menu of a teenager or an adult. In food pyramids of a balanced diet, carbohydrates are placed at the bottom of the pyramid because the amount of carbohydrates is higher than the other elements of food. Then the vegetables, protein and fats are placed one after another in a pyramid (Fig : 1.05). So the fats are placed on the top of this pyramid.

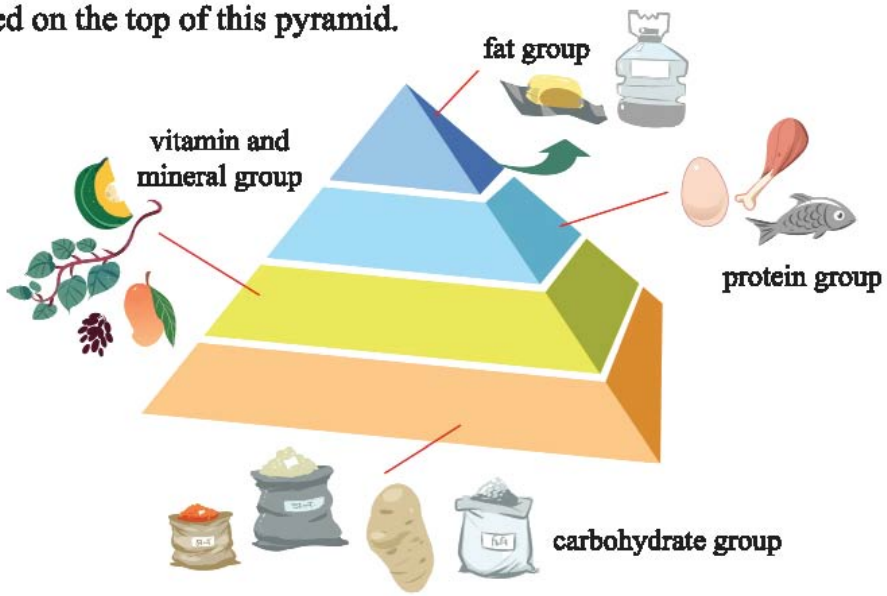


Fig. 1.05 : Pyramid of balanced diet

1.3.2 Selecting Food for High Standard Living

The food habits of all men are not the same. The availability of food is not same in all countries due to geographical and natural causes. The need of foods is different in the winter and in summer to adjust with life. Selection of food depends on growth and development and physiological activities of the body. So, food should be selected by considering the amount and its calorie value for high standard of living.

In the food pyramid, we have shown how much of which type of food element should be eaten. Now, we will say what foods can be made using these elements of food. For example, oil or butter shown in the pyramid are not eaten by themselves, they are used to make other foods.

Nutritionists have divided the source of nutrition into four classes. These are :

1. meat or fish, eggs, pulses (peanuts, chick pea and nuts).
2. Cheese and yogurt are in the class of milk.
3. All kinds of edible vegetables and fruits are in the class of vegetables and fruits.
4. Cereals and their product are in the class of cereals (bread and rice).

To get balanced food we should take all these four types of food every day. Nutritionists think that the selection of food should be a variety from these four classes.

The amount of proteins, carbohydrates, fats, vitamins and minerals should be considered for the preparation of the menu from breakfast to dinner. In our country, breakfast is with light food. Taking tea is a habit among the aged people of towns and villages. Many of the city dwellers complete their breakfast just with a cup of tea. This habit is very harmful for the health. It is necessary to eat at least a light food with tea. All the nutrients will be easy to get if the breakfast is completed with bread, butter or egg and a banana. In summer, body remains healthy if the breakfast is with molasses of sugarcane and flakes rice (chira and goor). Lunch is considered the main meal in our country. Lunch should be a balanced meal.

In the tropical regions (tropical countries) fish rather than meat is the source of protein. But in winter eating more meat is not harmful. Yogurt and fruit after every meal are good for the health.

In our country, students and service holders have no specific time for lunch. So, they take a light food in the evening. The evening snack should be prepared according to the economic condition of the family as well as the nutrient value of the food.

The food for dinner should be easy to digest. So less amount of protein should be taken in this meal. Taking leafy vegetables and any sour food at night is harmful for the health. Students should take milk or any other energy producing food according to their economic condition. A high quality of living can be maintained by this type of food selection.

Fast Food or Junk Food

Fast food or junk food is such a food which is tasty rather than nutritious. These foods are very tasty to eat but not good for the health. Most of these foods have the chemicals which make the food tasty but not healthy. There are lots of animal fats and sugar in these foods. Burger, chrips, cake and biscuit have lots of animal fat. There is a high amount of sugar in sweets and cola or lemon. When we take these fat foods, it turns into fat cells in our body. Eating much sugar can damage our teeth and skin. Fast food can never be a balanced food. They lack vitamins and minerals which are essential for our body. Fast food is the cause of obesity for growing boys and girls. In fact, fresh natural food is better than canned and packet foods.



Individual Work

Task : Make a list of the food components present and absent in fast food

1.4 Preservation of Food

All types of food get spoilt or become unsuitable for eating due to natural causes. The causes of food poisoning are germs and fungi. These germs and fungi multiply quickly and produce enzymes in the food. The humidity, temperature and acidity of the environment help to multiply these germs.

Bacteria produces toxic elements in the food. These toxic elements are called toxin. This toxin is of different types. This condition of food is called food poisoning. Some toxins attack the nervous system and causes death.

Yeast, a kind of fungus, quickly destroys the fruit juice, tomato sauce, jelly, sweet pickle and sarbot. So the food gets a bad sour smell. If bread is kept in an open place for few days, an ash colour layer grows on it. These are the mold fungus like mucor and aspergillus. Oranges, pickles, tomatoes and cheese rot due to this type of fungus.

By storing food, we can have the taste of some seasonal fruits, crops, vegetables, fish and other foods in other seasons. If the production of any fruit or crops is very much at a particular time or place, we can consume, shift and export them to other places at different times through preservation. So, we should preserve various kinds of food by different processes maintaining the proper food value. Thus, we can meet up our food deficiency.

1.4.1 Various Processes of Storing Food

Actually foods are spoilt by the multiplications of germs and the enzyme secreted by the germs. Humidity and heat helps germs grow and increase the activities of the enzyme. As a result, this condition helps spoil the foods. If the factors which help ruin the foods can be controlled, then foods can be preserved for a long time.

Commercially foods are preserved and marketed adopting special methods. At home foods are preserved by preservatives and using machineries. Some of such methods are described below.

1. **Drying:** Drying is an ancient method for preserving food. Fungus and bacteria can not attack the dry food. So, the activities of enzyme are inhibited. Foods are preserved for a long time by this method.

2. **Refrigeration:** In this process the multiplication of germs and the activities of germs cannot be prevented for a long time. Mainly vegetables, fruit, cooked food and sweetmeats can be preserved by the refrigeration method for several days.

3. **Freezing:** In this method foods are kept at a temperature of $0^{o}C$ or below so that the foods remain in good condition for a long time. Not only the fresh vegetables, fruits, juice, fish and meat but also ready made food and ice cream are preserved by using this method.

4. **Preservatives:** The chemicals which are used to preserve food are called preservatives. These preservatives have no nutritional value. The preservatives should be used in a specific amount. There are various types of preservatives and their uses are also different. Fungi and bacteria cannot grow in food due to use of preservatives. Some important preservatives are mentioned below:

i) Vinegar is a common preservative. It is used in pickles and sauces. 5% acetic acid is called vinegar.
ii) Sulfate salt e.g. sodium bisulfate or potassium meta-bisulfate are used to prevent the multiplication of fungus, bacteria and other micro organisms.
iii) Sodium Benzoate: This is a salt of benzoic acid. It specially prevents the fungal multiplication and is used for preservation of fruit juice and fruit pulp.
Besides these, salts of Propionic Acid and Sorbic Acids are used for the preservation of yogurt, sweets, cheese, butter and baby food items.

The amount of preservatives mentioned above is different for different foods. Preservatives should be used in the proper quantity. Otherwise it becomes harmful for health.

5. Preservation in sugar or salt: Salt and sugar have been used for preservation for a long time. The salt solution is called the brine. Sugar and salt eases the exosmosis of microbes so that foods are not rotten-jam, jelly and marmalade are preserved in sugar. The pieces of guava, apple, and pineapple are preserved for a time in the air tight concentrated solution of sugar.

Before using the preserved food, we should be careful. If the food colour changes, food swells up, if any white or black layer is noticed and the surface of the food becomes slippery, then it should be understood that the food quality has deteriorated and started rotting. One should avoid taking this kind of food because it will be bad for the health.

1.4.2 Use of Chemicals for Preservation of Foods, and its Physiological Effects

Now-a-days a toxic chemical called formalin is used for the preservation of milk, fruit, fish and even meat. Use of formalin is prohibited for preservation of food. Some dishonest businessmen use formalin for food preservation. The long time use of formalin causes, indigestion, diarrhoea, asthma, damage of the liver and kidney or cancer. The long time use of formalin causes birth defects of the embryo.

The chemicals named Ripen and Ethylene are used for the quick ripening of mangoes, tomatoes, bananas or papayas. If ethylene is used on fruit, these should be sold in the market after 7-8 days of its use. But this is not done and fruit is supplied to the market within 2-3 days. So, the effect of chemicals remains and causes diseases in the human body. Besides this, calcium carbide is used for ripening fruits. This calcium carbide forms acetylene gas in the presence of air vapour. Then this acetylene gas is transferred into acetylene ethanol which is very harmful for health.

A hormone called culter is used for the delayed ripening of mangoes. Culter is used as spray on the mango trees. Consequently, mango cannot ripen quickly and can stay on the tree for a long time. Culter is also very harmful for health.

For the prevention of the use of these toxic chemicals, the consumers' right law should be applied strictly. So the printing media and electronic media can circulate this information to raise consciousness in the society so that the common people do not buy this fruit. The people, who are involved in this dishonest activity, should be punished by the government. The mobile court and the consciousness of the people can be very effective in this regard.

1.5 Tobacco and Drugs

The leaf and branch of tobacco plants are dried to make tobacco. Dried tobacco leaves are cut into small pieces and wrapped with paper to make cigarettes, biri and churut. Taking the smoke and vapour of its burning is called smoking. The nicotine of tobacco temporarily stimulates the nerve as well as endangers the body Besides nicotine, other toxic chemicals also enter into the body by smoking. Cigarette smoke contains some toxic gases, chemicals and narcotics. These substances decrease the oxygen carrying capacity of hemoglobin. Besides, there are some sticky substances and hydrocarbons which cause various lung diseases (Fig : 1.06) and even cancer.

1.5.1 Bad Effects of Smoking

Smoking is the most familiar drug to us. The harmful situations and diseases resulting from smoking are shown below:

i) Smokers are attacked with diseases and embrace premature death.

ii) Smokers suffer from one or the other diseases like. lung cancer, lip, mouth, laryngs, throat and urinary bladder cancer, bronchitis, ulcer in stomach, heart and blood-related diseases. Patients of lung cancer die within about five years.

iii) Studies show that the life expectancy of the smokers reduces and they fall victim to many deadly diseases.

iv) The people, who do not smoke but stay near the smokers and take smoke indirectly, are much more affected.



Fig. 1.06 : Lungs of a non smoker (left) smoker (right)

1.5.2 Attempts to Control Smoking and Use of Tobacco Products

i) Smoking is prohibited in buses, trains, open fields, restaurants, offices, hospitals and rail stations. Smoking at a public place is a punishable offence There is a law in our country against this. But it is a mater of regret that there is no enforcement of this law and people smoke anywhere they like and pollute the surroundings. This law should be strictly enforced. The Government should take bold steps for anti-smoking campaign.

ii) It is mandatory to print the sentence, "Smoking is like taking poison" or "Smoking is harmful for health" on the packets of the tobacco products.

iii) Advertising of tobacco or tobacco products has been banned.

iv) It is imperative to strictly prohibit selling and advertising of cigarettes and tobacco products near schools, colleges or other educational institutions.

1.6 Drug Addiction

According to Word Health Organization (WHO), drugs are such substances which when taken change the normal behaviour of a living being.

Drugs are called narcotics in general term. Continuous drug taking leads a person to such a situation when a mental and physical relation develops with the drugs and without taking drugs they feel problems, and that is called drug addiction (Fig : 1.07).

The important drugs which create addiction are opium and opium products, heroin, wine, pathidrin, barbiturate, cocaine, vung, choros, marijuana and LSD etc. Among them heroin is the most harmful. A man can be drug addicted for different causes e.g. curiosity, bad company, trying to remove depression, to get relief from mental stress, to make oneself more active, family feud and family habit and so on. If any parent is addicted to drugs, there is a possibility of drug addiction for the children.



Fig. 1.07 : Drug addiction destroys the life of a man completely.

1.6.1 Symptoms of Drug Addiction

There are some symptoms of an addicted person. These symptoms are not generally seen in a normal person. Important symptoms are-

(i) Less attraction for food (ii) untidiness (iii) hazy vision and red eyes (iv) indifference to everything and disturbances in sleep (v) laziness and depression (vi) too much sweating (vii) staying away from others (viii) anxiety and tension (ix) less attentiveness, stealing money and other things from home.

Personal willingness or unwillingness certainly plays the most vital role in making an individual addicted to drugs. However, social and environmental influences are also instrumental in creating attraction for drugs among people.

The causes of drug addiction are mentioned in the table below:

Environmental causes	Family causes
i) Availability of drugs ii) Unemployment iii) Unsocial environment iv) Drop out from school. v) Watching cinema or TV serial vi) Drug business in the surrounding areas vii) Professional cause viii) Living in the place where antisocial activities or crimes take place frequently ix) Living in a place where opportunity to take drugs is rampant or where a group of addicts stay	i) Lack of control of parents ii) Depression iii) Loneliness iv) Indulgence in desperate behaviour of children v) Detachment from family vi) Carelessness to children (vii) Rough and violent livelihood or mentality viii) Bad company

1.6.2 Control of Drug Addiction

It is very difficult to stop drug addiction. Because a drug addict knows the destructive effects of drugs but cannot abstain from taking it. Drug addiction can be decreased by medical treatment, but in this case the role of the addicted person is very important. The person should be admitted to a drug cure center or hospital and treatment should be done very systematically. At first the addicted person should be kept away from his addicted friends. He should be marked so that drugs cannot come to his reach. Then he needs mental treatment so that he can forget the drug. For this he needs to get involved in a particular work. Drug addiction cannot be stopped suddenly. At first less amount of drug should be given to the addict for some days and then gradually giving drugs can be stopped. In this way, the bad effect of sudden stop of giving drugs can be decreased. Nerve relaxing medicines and sleeping pills can decrease the disturbance in sleep, anxiety and repulsive nature.

Drug addiction is not only a personal problem but also a great family problem and disturbance. This problem is a barrier to the development of society and country. Some dishonest people become rich by doing a drug business, but on the other hand, life of some people is enveloped in darkness. Talented students are ruined and even die due to drug addiction. Social crimes also increase due to this. So, drug taking and its business should be strictly controlled. For controlling drugs the role of law enforcing agencies e.g. the role of government is more effective than the personal or social institutes.

Social Attempts

1. Finding out the addicted persons and providing medical treatment to them.
2. Counselling for the addicts.
3. Rehabilitation of the addicted persons and getting them back to the normal stream of life in the society.

Government Attempts

1. Banning of taking and selling drugs by taking strict legal measures. This law should be enforced strictly.
2. The bad effects of drug addiction should be circulated by the government and non-government media.
3. It is worth mentioning that there is drug control law in our country. If the law is strictly applied, the people and the country can be saved from the harmful effects of drugs.

1.7 AIDS

AIDS is the most deadly disease in the world. It is a contagious disease. At first it was found in America in 1981. Since then it has been recognized as a deadly disease in the world. AIDS is mostly found in Africa.

Human beings have a natural system of immunity. There is a system in our blood which can protect us from diseases. In this case the lymphocytes of blood create antibodies for the protection of diseases. The persons who get this disease lose their immunity which causes death. So this disease is called AIDS (Acquired Immune Deficiency Syndrome). It is found that a virus called Human Immuno Deficiency Virus or HIV (Fig : 1.08) is the cause of this disease.

1.7.1 : Causes of AIDS

HIV destroys the natural immunity of the body. So the body is attacked with some rare diseases. Among them respiratory diseases, brain diseases, gastro intestinal diseases and tumours are worts mentioning. It has been marked that the symptoms of HIV are not normally seen in the body for five years. These persons thus, act as a carrier of this disease.

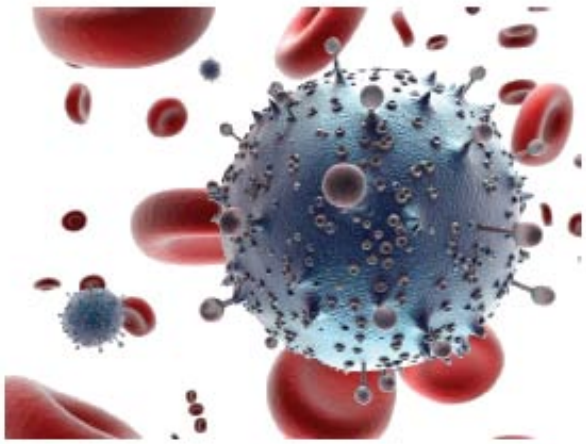


Fig. 1.08 : HIV virus of blood

A lots of information regarding AIDS has already been known to us. We now know who are most vulnerable to this disease. HIV is mainly transferred to healthy body by sexual intercourse. Uncontrolled sexual intercourses and homo sexuality are the causes of the transmission of this disease. If a pregnant woman is attacked with this disease, her child may also be attacked with the same. Newborn babies can get this disease by breast-feeding. Besides, the disease can be transmitted by blood transfusion from the diseased person. The use of cocaine and LSD is also the cause of this disease. This disease cannot be transmitted by food, water, insects or external touch of the body of the AIDS patients. The most probable carriers of this disease are blood, sperm, saliva or tears from the eye.

The most important thing about the prevention of the disease is to inform people about how AIDS is transmitted. The spreading of this disease can be decreased by not infecting others and protecting oneself from contagion. The knowledge about the uncontrolled sexual relations, being conscious of the dangers of using the syringe of drug users, being careful about donating and receiving blood can reduce the risk of this disease. The government and social organizations are creating public awareness for the prevention of this disease.

1.8 Physical Exercise and Rest for Health

Body is the first impression of man. So, body is called the most important tool for the struggle of life. It is our responsibility to keep this tool in proper condition. Regular physical exercise is essential for a healthy body. Physical fitness also develops from physical exercise. Sleep, food and rest are essential for human life because these help the different parts of the human body to work properly. But it should be kept in mind that it does not develop the hidden treasure of the body. This development is possible only by taking regular exercise. Everything of a plant depends upon its roots. In the same way the movement, thinking of a man depends upon the activity of the nervous system. For developing a healthy nervous system, regular and proper physical exercise through movement of limbs limbs is needed.

We know that the nervous system controls the muscles of our body. So, if we regularly exercise the muscles; it can make the nervous system fresh and active. Physical exercise activates the physiological and metabolic system of the body. So, our capacity for daily work increases. Taking exercise just for a few minuites can provide us with proper digestive capacity, blood circulation, good respiratory system and proper heat control of the body. That means we will get a healthy body. It should be remembered that the functions of the muscle have a great role in this matter. We have to take regular exercise so that the main muscles of the body become active and stimulated. The habit of physical exercise should be chosen depending on age, general health and body structure.

The habit of physical exercise should be developed considering age, physical structure, general health and so on. Exercise is not a maxer ofmere dismal labour. All kinds of sports are sources of recrea!on in one handand they are types of physical exercise on the other. Nowadays, boys andgirls equally take part in

games ranging from running, swimming, walking, cycling and karate to football, tennis, hokey and cricket. To keep our body fit, we should not only take exercise regularly but also lead our daily lifeaccordingly. If a man walks 8000 to 10000 steps daily, he can hope to live ahealthy, disease-free and longer life.

When a man becomes very tired of hard labour, then the muscles of the body become inactive, and so, we should keep our body in rest without work. This is called rest. Sleeping is the best rest. Daily six hours sleep is essential for keeping the body and mind fresh and healthy. Boys and girls need 8/9 hours and children need 10/12 hours sleep. The people who work at night need to get rest at day time.

Rest of Mind

Not only the body but also the mind needs rest. To remove all the stress and anxiety from the body and mind, both body and mind should have sound sleep. In this way the body and the mind gets proper rest.

It has been found that body and mind gets rest by giving attention from one work to another. This is called rest by change of work. Recreation after hard labour is a rest, on the other hand, after hard mental labour doing a different work is the way to get rest.

It is seen that many famous writers are cleaning their fountain pen for hours together. He is getting rest doing this work. Some people take rest by gardening, rearing pets, doing amateur vegetable gardening or by recreation. All these are called rest by change of work.

Exercise

Multiple Choice Questions

1. What is mainly available in carrots?

a. Glucose b. Fructose
c. Sucrose d. B-carotene

2. Fat soluble vitamins in the body are

i. A, D, E
ii. A, B, C
iii. A, D, K

Which is correct?

a. i and ii b. i and iii
c. ii and iii d. i, ii and iii

Read the paragraph below and answer the questions 3 and 4.

Rahima's weight is 50 kg and her height is 1.5 metre. She has got vomiting and diarrhoea from yesterday. Her weight has become 47 kg due to water loss.

3. Due to the deficiency of essentials element Rahima's

i. Blood circulation is disturbed
ii. Muscles become weak,
iii. Salts remain balanced

Which is correct?

a. i and ii b. i and iii
c. ii and iii d. i, ii and iii

4. What is the BMI of Rahima after becoming sick?

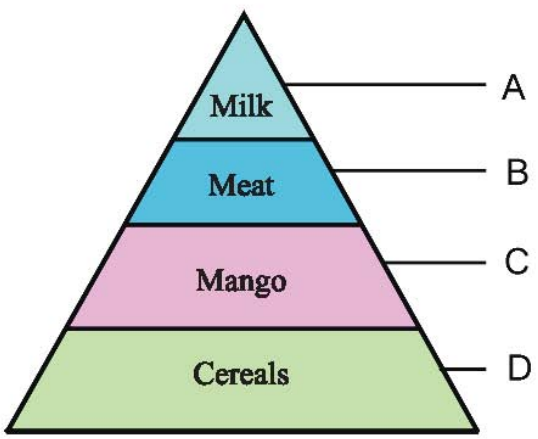
a. 22.3 (approx) b. 20.9 (approx)
c. 49.25 (approx) d. 44.75 (approx)

Creative Question

1. Tonu is 14 years old, she has 35 kg body weight and her height is 1.5 meter. Now-a-days her skin has become reddish and she has no appetite for food but her temperature is normal.

a. What is her BMI?
b. What is meant by zeropthalmia?
c. How much energy is consumed for Tonu two day's metabolism?
d. Analyze the way to solving the problems of Tonu?

2. Look at the picture below and answer the questions:



a. What are fibres?
b. What are vitamins?
c. Find out the substitute foods for food mentioned in this pyramid and prepare a list of a balanced diet for one day.
d. Why the food element marked as D is important? Explain.

Chapter Two

Water for Life



Water is the other name of life. Water is needed not only for life but also for the development of the country. We obtain water from various sources. The sources of this essential resource are being polluted in many ways. In this chapter, we shall know about these threats and discuss how we shall face them.



At the end of this chapter, we shall be able to-

- Describe the properties of water
- Explain the structure of water
- Describe the different sources of water
- Explain the necessity of water for aquatic flora and fauna and also the standard of water.
- Analyze the role of water in recycling steps for water conservation.
- Describe the necessity of good quality water.
- Explain the process of purification of water.
- Explain the reasons for water pollution at sources in Bangladesh
- Explain the effects of water pollution.
- Explain the effects of global warming on fresh water in Bangladesh.
- Describe the strategy to prevent water pollution and the responsibility of civil society.
- Analyze the role of water in the developmental works.
- Analyze the threats to sources of water.
- Describe the necessity for conservation of water sources and the strategies involved.
- Explain that getting water is a fundamental right of all citizens.
- Describe the universality of water and international rules.
- Make investigations on the use of pure water and its effects on healthy living.
- Investigate the reasons for the crisis of water (in domestic /agricultural /industrial use).
- Draw posters to make people aware of the use and conservation of water
- Make people aware of normal water flow and prevention of water pollution.
- Raise public awareness on the issue "water is a fundamental human right".
- Be aware of preventing misuse of water and doing proper use of water.

2.1 Water

Water is one of the naturally abundant liquids on earth. In the human body, around 65-75% is water. Similarly meat, fish, vegetables etc. contain 60-90% water. Seventy five percent of the earth's surface is covered with water which is also essential for human survival. So it is said "water is the other name of life". Now let us know some important properties of water

2.1.1 Characteristics of Water

Melting Point and Boiling Point

What is the melting point and boiling point of water? When water is in solid state, we call it ice. The temperature at which ice melts is called its melting point which is 0° Celsius. On the other hand, at atmospheric pressure, the temperature at which a liquid boils is called its boiling point. Boiling point of water is 99.98° Celsius which is very close to 100° Celsius. That is why we generally say that boiling point of water is 100° Celsius.

Pure water is colourless, odourless and tasteless. Do you know what the density of water is? The density of water depends on temperature. The density of water is highest at 4° Celsius and it is 1 gram/cc or 1000 kg/m^3 ' which means at 4° Celsius, the mass of Ice of water is 1 gram or the mass of 1 m^3 of water is 1000 kg.

Electrical Conductivity

Pure water does not conduct electricity; however, the presence of electrolytes like salts or acids in water makes it electrically conductive.

One of the very important properties of water is that it can dissolve a wide range of substances including both organic and inorganic. That is why water is termed as "a universal solvent". Another important property of water is its amphoteric behaviour. In the presence of an acid, water behaves like a base whereas, in the presence of a base, it behaves like an acid. However, pure water is completely neutral i.e. its pH is 7 which we shall learn in detail in chapter seven.

Structure of water

Do you know what water consists of? Water consists of two hydrogen atoms and one oxygen atom (Fig : 2.01). So, in Chemistry, water is written as H_2O which is the chemical formula of water.

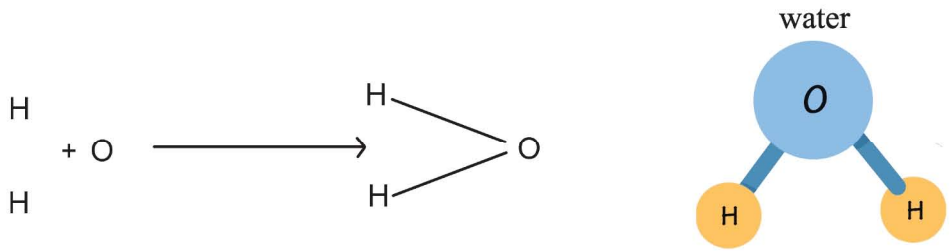


Fig. 2.01 : One molecule of water is composed of one oxygen atom and two hydrogen atoms

With the help of modem technology, it is seen that the molecules in water are present in the form of clusters.

2.1.2 Sources of Water

What are the sources providing water to us? The largest sources of water are seas or oceans which contain approximately 95% of the total water in the world. However, such a huge reserve of water is saline, as a result, we can not drink it, and even we cannot utilize it directly for many other purposes. Sea water is also called saline water or marine water.

The other sources of water are glaciers and snow where water is present in the form of ice. Approximately 2% of the total water reserve is available in this source. As it is present in the form of ice, this water also is not usable. The sources of usable water are rivers, canals, beels, lakes, ponds and ground water. We get groundwater through tube wells. Of course, ice or snow accumulated on mountains may melt and create water falls. It is to be noted that only 1 % of water is usable.

Sources of Fresh Water in Bangladesh

What are the sources of water that we are utilizing everyday for different purposes like cooking, washing, drinking, irrigation etc.? Sometimes we also need huge amounts of water for cultivation (for example, to grow IRRI rice). Where do we get this water from? Water falls are is not that available in our

country, therefore, main sources of fresh water in our country are rivers, canals, beels, ponds, lakes and earth's crust. However due to the presence of hazardous chemicals (especially arsenic), the groundwater of large areas in Bangladesh has become unsuitable for drinking and in those areas rain water is collected, treated and then drunk.

2.1.3 Importance of Water for Aquatic Flora

Different types of aquatic plants like water hyacinth, water lily, algae, bindweed, duckweed (lemna), ori pana, water nut, water lettuce, lotus, hydrilla, water cress, Jussiacea repens etc. are known to all of you. Where do they grow? Most of them grow in water (Fig : 2.02). Some of them, like bindweed, grow both in water and land. Most of the aquatic flora could not grow without water or even if a few could grow, they would neither survive nor grow. What would happen in that case? In that case, the aquatic ecosystem could be hampered because the aquatic flora produce oxygen by photosynthesis and maintain the level of dissolved oxygen in water in one hand, on the other hand, they also work as food reserves for aquatic animals like fish. So if there was no aquatic flora, aquatic fauna could not survive which would be disastrous for the environment.

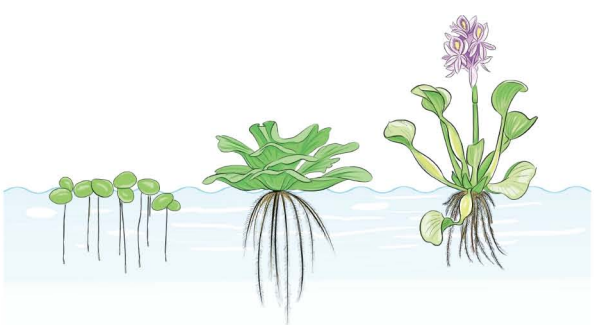


Fig. 2.02: Some aquatic plants

You know that plants usually take water and other necessary elements through their roots. However, aquatic flora collect water and necessary elements especially minerals through the whole parts of their body. So, if all the parts of the aquatic plants do not come in contact with water, their growth might be hampered.

It is also to be noted that, sterns and other parts of the aquatic plants are so soft that they are suitable for adapting with waters current and movement of aquatic fauna.

If they grew on land instead of water, they would breakdown and would not grow and would not even survive.

Do you know how the aquatic plants reproduce? Aquatic plants usually reproduce asexually and reproduction would have been hampered in the absence of water. So we can say that water is essential for reproduction and growth of aquatic plants which are very important for the ecological balance. If there was no water, aquatic plants would not grow or survive and as a result environmental disaster could occur.

2.1.4 Importance of Water for Aquatic Fauna

Among thousands of aquatic animals, fish is the most well-known to us. What happens when we catch a fish and put it out of water? It dies. Why? Because as we can not survive without air or oxygen, we die due to breathing problems, in the case of fish, it happens in the same way. Fishes take oxygen through the gills which are suitable for taking up oxygen only from water and not from air. If there was no water, no fish could survive. Not only fish but also other animals that take in oxygen by respiration through gills would not survive. As a result, environment would degrade and it would be very difficult for us to survive. You know that protein is an essential element for our growth. Approximately 80% of proteins needed for us comes from fish. Therefore, if there was no water, we might not have the necessary proteins. Therefore, all physiological activities including physical growth could be disturbed.

2.2 Water Quality Parameter

Water is a very valuable natural resource. It is a habitat for aquatic flora and fauna which are very important components of our environment. In addition, water is also used for irrigation. Moreover, mariners, boatmen and people who are in a similar profession depend on water for drinking and other purposes.

So, if the quality of water is not maintained, it will not only be threatening for the environment or bio-diversity but, the use of water for other purpuses will also be limited. Now, let us give an idea about the water quality parameters.

The quality of water depends on the purposes for which water is to be used. At first, we will find out the required quality of water of river, canal, beel, and seas.

Colour and Taste: You all know that pure water is colourless and odourless. Natural surface water in rivers, canals and lakes should be colourless and tasteless to sustain aquatic lives.

Turbidity

Turbid water could be harmful to aquatic flora and fauna because turbid water hinders the penetration of sunlight resulting in reduced photosynthesis of aquatic plants. As a result, growth of the aquatic plants is hampered and oxygen production by photosynthesis decreases as well. Moreover, in turbid water fish and other aquatic animals suffer from problems related to food collection.

Now the question is how does water become turbid? Water becomes turbid due to the presence of insoluble substances like soil, sand, oil, grease etc. If these types of substances, especially soil and sand, increase significantly, at a stage, they settle down as sediment at the bottom of the river. As a result, navigability decreases resulting in a huge problem for the water vehicles like ships, launches, boats etc. In Bangladesh, it is a common problem that launches or steamers get stranded during their movement from one place to another. Why does it happen? It happens due to reduced navigibility.

Presence of Radioactive Substance

The presence of radioactive substances in the water of rivers and canals can cause dangerous diseases like cancer in aquatic biota. Therefore, river water, should be free from radioactive substances.

Presence of Waste

Surface water must be free of waste materials because waste materials may produce infectious microorganisms and that may cause disaster for aquatic biota.

Dissolved Oxygen

As we need oxygen for respiration, aquatic fauna also need oxygen for their respiration. How do they get oxygen? They get oxygen from water where oxygen is present as a dissolved gas. If the level of dissolved oxygen in water is reduced, it results in respiratory problem. In fact, aquatic fauna can't survive without dissolved oxygen. It is to be noted that the minimum level of dissolved oxygen required for sustaining life in water bodies is 5 mg/litre.

Temperature

Temperature is an important water quality parameter. The increase of temperature in water results in reduced amount of dissolved oxygen in one hand, on the other hand, starting from hatching, many physiological processes of aquatic animals fall into trouble.

pH

pH is a parameter with which we can easily evaluate whether a water sample is neutral, acidic or alkaline. For neutral water, pH is 7. If water is acidic pH becomes lower than 7 and if it is alkaline, pH becomes more than 7. Higher the amount of acid in water, the lower the pH is, while the higher the amount of alkali, the higher the pH. pH is a very important water quality parameter. Usually surface water is alkaline. It is found from research that a pH range of 6-8 is suitable for sustaining aquatic biota. If pH value alters significantly, it results in huge damage to aquatic lives. Fish eggs and newly hatched fishes are very sensitive to pH. Highly acidic condition of water i.e., very low pH of water extracts important elements like calcium leading to deformation to aquatic biota.

Salinity

Do you know why our national fish hilsha moves to fresh water during spawning? Although hilsha is a sea fish, it moves to fresh water for spawning because sea water is saline i.e., it contains huge amount of salt which sterilizes fish eggs. As a result, those fish eggs cannot produce young fish.But there are some aquatic fauna including certain species of fish which can spawn in water of high salinity.

2.3 Recycling of Water and Role of Water in Conservation of Environment

It is known to us that approximately 75% of the earth surface is covered with water, most of the water (about 97%) is saline and that is why they can not be utilized directly for different purposes. Only 1 % of water resources we have is fresh and the major portion of it is available in rivers, lakes etc. and it is being polluted (the pollution of fresh water will be discussed later in detail in this chapter). Even ground water being used for various purposes including drinking, is getting contaminated by toxic chemical substances like arsenic, and becoming unsuitable for drinking and cooking. Therefore, it clearly indicates that although we have a lot of water resources, the amount of potable and usable water is very limited. Hence, we need to be very careful in using water and we have to think about the reuse of water indeed.

Do you think that water is being recycled naturally? Yes, it is. You have learnt previously from water cycle in class VII that water from surfaces evaporates at day time with the help of sunlight and enters into the atmosphere as vapour which goes upwards and at a stage condense into cloud and finally comes back as rain water. A major part of the rain water flows as surface runoff and falls into waterbodies from where it is converted into vapour, condensed to cloud and precipitated as rain water. This recycling of water is very important because disruption of this recycling of water could lead to droughts or floods which in turn decrease the food production, and eventually long term droughts might turn the whole earth into a desert. Precipitation is a kind of natural recycling of water. Is it possible to recycle water that is used once? Of course we can. Water obtained after being used i.e., wastewater can be collected, treated and used again. The whole process can be considered as recycling of water. If we collect wastewater after use and reuse it after treatment, the whole process will be a kind of recycle of water.

Role of Water in Conservation of Nature

As all the components and process of the environment depend on water directly or indirectly, so water is essential for a sustainable environment. If there were no water, plant would not grow, there will be no food production and our existence i.e., the whole environment will be destroyed.

Necessity of Quality Water: What do we do at first after getting up from the bed in the morning? We wash our hands and face. Can we do these works without water? No, it is impossible. Whatever we do in our daily life, we need to use water. Starting from taking bath to cooking food, we need water. If this water is not of good quality, we have to face a lot of troubles. For example, if the water is saline or has bad odour, we cannot drink it. Surface water in several districts in south western part of Bangladesh has become saline and that is why residents in those areas have been suffering from severe lack of fresh water. They can't utilize surface water for drinking and other purposes. So, they have to collect rainwater, and use it after purification. Moreover, if the drinking water is not of good quality, particularly if it contains disease causing germs, it may lead to severe public health problem. Do you think that we can use sea water in industry or agriculture? No, we can't because high salinity of sea water corrodes the equipments such as boiler used in industry. Similarly, most of our crops cannot grow in saline water i.e., saline water is not suitable for irrigation in agriculture.

After all, we can say that starting from industrial use to agriculture and in our daily works, supply of good quality water is very essential. Otherwise it may cause health problem in one hand, and it may hamper us economically on the other.

2.4 Purification of Water

Surface water may contain harmful substances including toxic chemicals and pathogenic microorganisms. Contamination of ground water by toxic chemicals is also well known. So whatever the sources, water must be purified before use. Ground water is normally germ free but we all know about the presence of harmful chemicals like arsenic in this water.

Methods of purification of water depend on the purpose of using water. As usual, although very pure water is required for drinking, such pure water is not required for irrigation. The methods that are involved in water purification usually are filtration, chlorination, boiling, distillation etc.They are discussed below:

Filtration

You have learnt about filtration in class VI. What is filtration? Filtration is a process to separate solid substances from a mixture of solid and liquid substances. Usually water contains insoluble dust or soil particles or waste materials which are removed by filtration. For that, water is passed through a layer of sand which traps the solid particles present in water. In addition to sand, finely woven cloths can be used for this purpose. The modem filters used in residences are made of quality materials.

Chlorination

Disease causing microorganisms in water are killed by disinfectants. Different types of disinfectants are used for purification of water. One of them is chlorine gas (Cl_2). Bleaching powder [Ca(OCl)Cl] and other chlorine containing compounds are also used for this.

Do you know what makes the tablets or kits used for water purification during flood in our country? It is basically sodium hypochlorite (NaOCl). Chlorine present in it kills the germs present in water. Other than chlorine, germs can also be destroyed by ozone gas (O_3) or ultraviolet radiation. In the bottled water factories, water is disinfected by these methods.

Boiling

Boiling of water is known to all of us. Is it possible to kill germs in water by boiling? Yes, it is possible. Boiling of water can kill germs present in water. Do you know how long the water should be boiled to kill germs in water completely? After starting the boiling, heating for additional 15-20 minutes can disinfect water completely. It is a simple and economical process for purifying drinking water at home.

Distillation

You have learnt about distillation in class VI. When very pure water is needed, water is purified by distillation method. For example, to manufacture medicine or to carry out chemical reactions, 100% pure water is needed. In this method, basically water taken in a container is heated to vapour which is condensed and collected in another container. The possibility of having other substances in water purified by this method is very low.

2.5 Reasons for Pollution of Water Sources in Bangladesh

Water of all sources is being polluted all over the world including Bangladesh. Let us see the reasons behind this.

Do you know what happens to waste water including that obtained after taking bath or obtained from toilet? A major part of domestic waste water falls into the rivers or lakes through sewerage pipes or drainage and pollute water severely. Starting from pathogens, different types of chemicals are present in the waste water. As a result, water is polluted.

What do we do with the solid waste generated in our homes? We usually discharge them either in dust bin or in open place. After discharging, waste materials undergo biodegradation in 1-2 days. Upon rainfall, biodegraded waste which is full of pathogenic microorganisms and different types of harmful chemicals gets mixed with rainwater and pollute water in rivers, canals, beels or lakes.

You all know that, chemical fertilizers, organic fertilizers and pesticides are used in cultivation to increase soil fertility. Does it cause any water pollution? Yes, it does. Either by surface runoff from precipitation or flood water, the above mentioned harmful substances are carried to the waterbodies and contaminate water.

Do the industries pollute water? Yes, one of the main reasons of pollution of water sources is discharge of industrial waste into water. If you visit the river Buriganga, you will see that its water is black and has intolerable odour. The reason behind this is industrial development on the bank of the river particularly

the development of leather industries. Industrial wastes are directly discharged into the Buriganga without any treatment polluting the river water severely.

Reports are published on pollution of water in Buriganga River both in newspapers and television. Like the Buriganga, most of the river water is being polluted by thousands of industries including textile industries, dyeing industries, dye manufacturing industries, fertilizer industries, paper industries etc. Moreover, water of rivers and seas is also being polluted by discharging human excreta and petroleum oil like materials from boats, launch, steamer or ships. Dust, soil particles or other substances mix with water and pollute it by river bank erosion, storm etc. Waste water discharged from chemical laboratories containing toxic chemicals like acids, alkalies etc. are also polluting water at different sources. Contamination of groundwater by chemicals like arsenic is known to all of us.

2.5.1 Effects of Water Pollution on Plants, Animals and Human Beings

Pollution of water from different sources like rivers, lakes and underground may pose harmful effects and sometimes that may cause disasters. The harmful effects are discussed below:

Do you know that typhoid, cholera, dysentery, infectious hepatitis B all these are water-borne diseases? Yes, all these deadly diseases and many others spread through water and even may become epidemic. The pathogens of these diseases enter into water in many ways (excreta and degraded waste are the potential sources in this regard). Upon taking bath in that water, drinking that water, cooking or washing food or come in contact with that water, those pathogens are transmitted to human beings or other animals.

There are some chemical substances like cow dung, plant residue, food items such as sugar, glucose etc. react with dissolved oxygen in water.

What will be the effects of this reaction? As a result of this reaction, the dissolved oxygen level in water decreases and even it could be decreased to zero if the amount of aforementioned substances is very high. In that case, aquatic fauna including fish will die due to lack of oxygen. If this condition prevails for

a long time, at a stage the water bodies will not be able to sustain there.

Lake Erie in Ohio State in the USA was declared dead in 1960's. The reason behind this was discharge of waste water enriched with phosphate from detergent industries developed on the bank of Lake Erie. Increase of phosphate and nitrogen in water results in algae bloom. When the algae die, they undergo biodegradation and consume dissolved oxygen resulting in oxygen starvation in water. In this situation, waterbodies cannot sustain life and becomes dead like Lake Erie. After that incident, the US government formulated law to stop waste water discharge into waterbodies without treatment. The detergent industries then started discharging waste water after removal of phosphorus by treatment and Lake Erie sprung back to life after 10 years.

Now, the pollution level in the River Buriganga is similar to Lake Erie and fish is rarely found there. Not only the Buriganga, many of our rivers have been polluted by industrial wastes severely and if proper steps are not taken immediately, the rivers will be dead like Lake Erie. This may result in significant environmental degradation.Waste materials, algae etc. not only result in oxygen depletion but also cause bad odour in water and therefore lead to disruption of recreational usage of waterbodies like swimming, fishing, river cruise etc. It is known to you that inorganic substances (such as acids, alkalies, salt) are also harmful to aquatic biota. Drinking water containing toxic metallic substances like mercury, lead, arsenic, can cause many diseases in human body. The effects of mercury, lead and arsenic in human body is mentioned below:



Fig. 2.03

Mercury (Hg): Brain damage, skin cancer and deformation.

Lead (Pb): Dizziness, eye irritation, anaemia, kidney damage and at a high dose, brain damage.

Arsenic: Arsenicosis, Cancer in skin and lungs, gastrointestinal disease.

The use of inorganic fertilizer (Nitrate and phosphate) in agricultural field causes serious water pollution. Contamination of water by radioactive substances like uranium, thorium, cesium, radon etc. is threatening to aquatic biota as well as human beings because radioactive substances cause different types of cancer and respiratory diseases in humans, plants, and animals.

Can you tell how the radioactive substances enter into water? The best example of this is the nuclear accident happened recently in Fukushima city (11 March, 2011) from nuclear power plant. In that accident, due to Tsunami, huge amount of radioactive substances have released to the surroundings. As a result huge radioactivity is found from water to food items.

In addition, presence of insoluble matters in water makes water turbid and the corresponding effects have already been discussed before.

2.6 Global Warming

2.6.1 Effects of Global Warming on Fresh Water

Global warming means the increase in atmospheric temperature. If the atmospheric temperature increases, temperature of surface water shall increase too. About 100 years ago, the atmospheric temperature was approximately 1°C less compared to present atmospheric temperature. You may think that 1°C increase in 100 years is not that significant, but it is a very crucial issue and very significant because a slight increase in temperature results in melting of ice reserves in the world including that in the polar region. The water produced thereof ultimately falls into the seas or oceans resulting in rise of sea or ocean level. Therefore, the low lying countries will be submerged in water. Bangladesh is such type of country.

Salinity

When marine saline water will extrude to surface and ground water. Hence all the sources of fresh water will be saline. What will be the difficulties if fresh water sources become saline? At first, fresh water aquatic biota will be in trouble and at a stage they will be extinct. It is due to the fact that with the increase in temperature, dissolved oxygen decreases. Moreover, increase in salinity in water also results in decrease of dissolved oxygen i.e. due to increase in both temperature and salinity of water, the amount of dissolved oxygen will decrease significantly. As a result, aquatic fauna will not survive. A major part of aquatic plants can not grow and survive in saline water and that will lead to loss of aquatic biodiversity.

Precipitation

Due to global warming precipitation and its pattern may change. Computer modeling shows that in some regions there will be excessive precipitation whereas in some other regions, particularly in temperate region there will be reduced precipitation that may create droughts which may make that area a desert. Change in precipitation will alter the flow and amount of water in waterbodies which may cause disasters. Computer model also shows that in some region the precipitation in winter will increase significantly which may cause devastating untimely flood.



Fig : 2.04

2.6.2 The Effect of Global Warming in Bangladesh

The effect of global warming in Bangladesh is visible because in recent years summer is becoming hotter gradually even sometimes the temperature reaches as high as 47°C which did not happen before. Data on temperature record show that relatively higher temperature is observed both in summer and winter indicating that the effect of global warming in Bangladesh is obvious.

What would be the effects of global warming on fresh water of Bangladesh? You know that due to global warming ice reserves will melt and sea level will rise. This effect will be intensified in Bangladesh because it is estimated that due to rise in water level in the Bay of Bengal, one-third of our country will be submerged in water. The saline water will intrude into fresh water and basically there will be a scarcity of fresh water. In southwestern part of Bangladesh including Satkhira District, saline water needed for shrimp cultivation is carried by drainage system into the main land. As a result underground water along with other fresh water sources has become saline. Hence, there is scarcity of water to be used for drinking and other purposes. In those areas right now only source of fresh water is rain water. Fresh water scarcity is so severe that residents of 10-15 villages are sharing the rain water collected in a single pond. From a study, it is seen that housewives had to travel 7-8 kilometers for bringing the collected rain water. Due to sea level rise for increasing global warming, the whole Bangladesh may suffer from this kind of water scarcity. A significant part of Maldives and India have already been submerged in water due to global warming and a substantial part of the total population of those countries has already become climate refugees. Bangladesh is a land of rivers and due to global warming change in precipitation pattern may affect the water flow both in terms of amount and flow direction and cause severe problems.



Fig : 2.05

2.7 Strategy for Preventing Water Pollution and Responsibility of Citizens

We have already known how water is being polluted. The most important aspect of strategy to prevent water pollution is to find out the reasons of water pollution and to take necessary measures accordingly. Now let us see what strategies can be adapted to prevent water pollution:

Protection of Wetlands

Recently in our country, wetlands are being filled to build homes, residential apartments, shopping malls etc. Do you know that wetlands play very important roles in addition to holding water? Wetlands hold water and control flood in one hand, on the other hand, they absorb harmful substances from water and infiltrate pure water both to earth's crust and rivers. Moreover, wetlands help wild animals by providing water. Forests also help in infiltrating groundwater and work as a habitat for wild lives. Destruction of wetlands and forests results in increased water pollution. If steps are taken to protect wetlands and forests, it will be helpful in reducing water pollution. In this regard, civil society can play very important roles. Students of schools, colleges and universities in our country are working for creating public awareness by planting trees, cleaning wetlands, lakes and sea beach to prevent water pollution.

Utilization of rain water

In municipal areas, one of the major reasons for water pollution is surface runoff from rainwater. In these areas, most of the places including roads are made of concrete. So rain water cannot infiltrate to earth's crust and converted into surface runoff which carries all wastes and toxic substances through sewerage system and finally discharges into rivers, lakes or wetlands and pollutes water there. How can the pollution in this way be stopped?

Is it possible to collect rain water on the roof top? Yes, it is possible and can be done easily. In fact, we can use that collected rain water for gardening or in watering tubs, even we can wash cloths or use in toilets or washrooms with that water. These kinds of practices reduce water pollution as well as lessen the pressure on water supply. Many of you know that in Dhaka city, severe scarcity

of water prevails in many areas in summer. Even in some residential areas, it is seen that there is no supply of water for 3-4 days. In that case, utilization of rain-water will play a positive role in the management of water supply. Government, municipal authority and civil society may play potential roles in this regard.

What can be done to reduce pollution by surface runoff in other places except residences? Instead of using concrete we can use porous materials through which water can infiltrate to and accumulate in earth's crust. Gravel is such a material that can be used instead of concrete. Moreover, if possible, rain water can be captured by digging large pond or canal. This kind of rain water management is practised in many cities in the world.

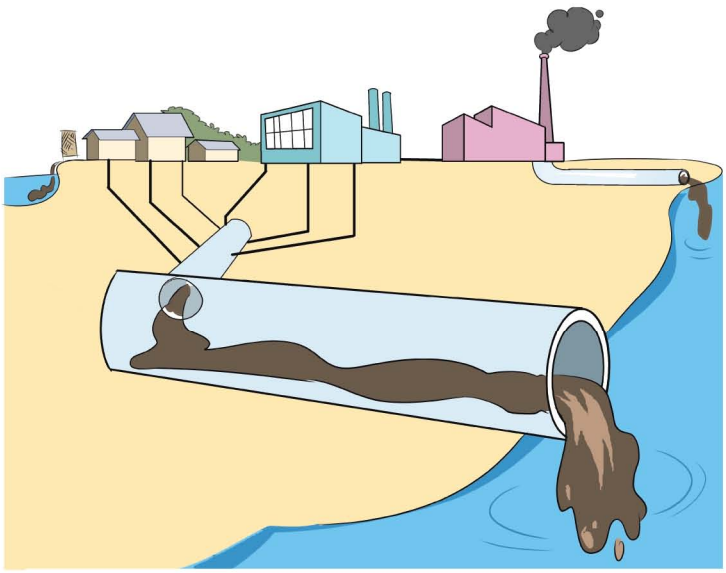


Fig : 2.06

Increasing Public Awareness

Do you understand that a major part of harmful wastes polluting water comes from domestic sources particularly in municipal areas? We use lots of harmful consumer products like aerosol, paints, cleaning agents, insecticides etc in our daily life, and after using we discharge them here and there and they pollute water at a stage. If we dispose those waste items properly in a particular place instead of throwing them here and there, then water pollution will be reduced.

To reduce water pollution in this way, there is no alternative to increase public awareness. For that, appropriate educational programmes and warnings can be broadcasted by radio or television. Even you, school students, can make posters on necessity and scarcity of water and also on prevention of water pollution to make people aware. In fact, in developed countries like the USA and Europe, steps are taken by the government to increase public awareness.

Prevention of Water Pollution by Industries

Discharge of waste water from industries is one of the main reasons for water pollution particularly river water pollution. The best way to prevent this type of pollution is to treat waste water before discharging. For this, Effluent Treatment Plant (ETP) is needed. The design and steps of ETP depends on nature of harmful substances present in waste water. As the composition of waste water varies from indurtry to industry, a common ETP cannot be used to treat waste water from all industries. But an industrial zone of similar type of industries can be developed and waste water from all industries can be collected and treated by a single ETP for each type of industries.

Prevention of Water Pollution Due to Soil Erosion from Agricultural Land

Cultivation of same crops repeatedly in the same land can damage the fertility resulting in increased soil erosion. Use of organic fertilizers to increase soil fertility helps to reduce soil erosion. Can you tell how it happens? Higher amount of organic substances present in organic fertilizers can retain more water. As a result, upon rainfall, surface runoff is not created easily or soil particles can't move easily by wind and do not pollute water. Therefore, water pollution due to soil particles as well as other toxic chemicals such as insecticides, nitrogen and phosphorus fertilizers etc. is reduced in this way. Pollution can also be prevented by digging ponds surrounding the agricultural land.

Do you know that the remaining part in the field after cutting the crops can prevent water pollution? How is it possible? Changing in crop types also can prevent water pollution. Water pollution can also be prevented by avoiding use of fertilizers immediately before precipitation.

Role of Water in the Development Work

Our country is an agricultural country. Development of our country is impossible without the development of agriculture, and water is required for irrigation in agriculture i.e. development of our country is not possible without water. Can we build house without water? No, it is impossible. All the developed countries in the world are industrially developed. Is there any industry that runs without water? No, there is none. In all industries, use of water is mandatory at some stages. Therefore, we can say that water and development of a nation are complementary.

2.8 Threats at Water Sources in Bangladesh

Do you think that water sources at Bangladesh (rivers, canals, beal, haors, and lakes) are in threats? Yes, certainly water sources in our country are in several threats. Firstly, the threats due to climate change may be mentioned. You have known before that one third of Bangladesh may be submerged in water due to this kind of change. As a result, our water sources will be destroyed. We will discuss here other causes.

Threats Due to Flood and Soil Erosion

Geologically Bangladesh is a flood prone country. Majority of the rivers in Bangladesh have strong water current which causes river erosion. Can you tell what happens to soil eroded by river erosion? Soil mixes with water current and at a stage settles down as sediment and fills up the river bed. This may lead to change in direction of rivers on one hand, on the other hand, a river can be water depleted, and even they (rivers) may die.

Do you know that many rivers in our country have died already? Karotoa, Bibiana, Shakha Barak, all of them are now dead. Even the state of our deep river the Padma is now in danger. You might see the movement of cart below the Pakshi Bridge on the river Padma. The reason is sedimentation in the river bed. The drying up of rivers means depletion of water resources.

River Encroachment

Now-a-days, different types of infrastructure even residential areas are developed by encroaching rivers. What are the after-effects of that? The water flow in rivers is becoming narrower and water holding capacity of rivers is going down. As a result, when there is a heavy rainfall, it causes flood. Several rivers including The Buriganga and Shitalakhya are almost dead due to encroachment. If it is not stopped, all these rivers will die in near future.

Flood Control Embankments

Do you think that embankments for flood control are also threats to water resources? Yes, they are. Due to embankments in the Padma, the Jamuna and some other rivers, water flow has been disturbed severely in their tributaries. Monoj, Baral and Kumar rivers had died in this connection. In the southwestern part of Bangladesh, Morichhap, Hamkura and Horihor River also died due to embankments. So it is very clear that embanksments are severe threats to water sources.

Unplanned Waste Management

Do you know how much solid waste is generated in Dhaka city everyday? It is approximately 500 metric tons/day. Half of it is collected and managed by Dhaka City Corporation and the rest are thrown into waterbodies either through sewerage or other means. In addition, almost all industrial wastes are also discharged into rivers without treatment. What are the effects of this kind of activities? Rivers are being filled up gradually and water is becoming poisonous. If it continues, the Buriganga, the Shitalakkha and the Balu rivers will die soon. The condition of the rivers surrounding Chittagong city is also similar.

Diversion of Water Flow

In 1975, the Indian Government diverted water flow in the Ganges. In 1977, Bangladesh and India signed an agreement on proper distribution of water of the Ganges. Later on in 1996, another agreement was signed for equitable water distribution. Due to diversion in water flow in the Ganges, many rivers in northern part of Bangladesh have been water depleted converting those areas

into almost a desert. Besides this, India has planned to divert the water of Brahmaputra to western India through Shiliguri corridor. If the project is implemented, the water resources of entire southern part of Bangladesh including 300 km^2 haor area will be in trouble. Recently, India planned to build a dam in Tipaimukh which may convert the eastern part of Bangladesh into a desert. In a nutshell, we can say that diversion of water flow is a potential threat to water sources of Bangladesh.

Water is a Fundamental Right

Water is such a gift of nature which is essential for most organisms. From the ancient time, human beings have been using water for drinking, cooking and other purposes. Five fundamental human rights are food, cloths, shelter, education and medicine. All of them are dependent on water. Therefore, water is also a fundamental human right. As water is a natural resource, no nation or country did produce it, so all human beings have the equal right on every single drop of water. So whenever we use water, we have to keep in mind that it is a resource of others also and we should not misuse it because misuse of water may deprive others and it is not reasonable.

Conservation and Development of Water Sources

We all know that we have huge water resources. But the amount of usable water is limited in true sense. In this situation, if we are not aware, we may suffer severely. All the development works starting from industrialization to road construction and urbanization, the role of water is infinite. However, if water sources fall into risks due to these kinds of developments, then in fact every development will be stopped. Hence, we should have well planned development programmes for industrialization and urbanization so that the water resources are not hampered.

2.9 Universality of Water Flow and International Conventions

Do you know that all oceans and seas in the earth are connected to each other? Yes, they are connected. Again, rivers created from waterfall ultimately fall into

seas or oceans. That means wherever the geological position, origin/source or direction, all the rivers are global natural resources i.e., water resource is a universal matter. It does not belong to a particular nation, country or continent. Due to enmity among different countries, development competition or belligerence, the universality of water resource is being violated in many cases. In 1997, United Nations adopted an International Convention for Utilization of International Rivers for non-navigational purpose which is yet to be fruitful. In addition to that, steps taken by the international community in this regard are discussed below:

Ramsar Convention

UNESCO organized an international meeting on 02 February, 1971 in Ramsar, Iran and the decisions taken there regarding wetlands are known as Ramsar Convention. Bangladesh signed the convention in 1973. Later on the Ramsar Convention was amended in 1982 and 1987.

International Water Course Convention

The International Law Association in 1966, in their 52nd meeting in Helsinki accepted a committee report on the use of water of international rivers. It is known as Helsinki Rule. Later on, International Law Commission of the United Nations worked to formulate a law for utilization of water of international water course which was adopted as a convention in the general assembly of United Nations on 21st May, 1997. According to this convention, no country can withdraw water of a river flowing through more than one country without the consent of other countries. But as per this convention, member countries can utilize water in their part justifiably and reasonably. However, it is to be ensured that by using water, a country should not disturb the water flow in other countries.

Do different countries of the world obey these rules?

Exercise

Multiple Choice Questions

1. Which of the following plant grows both in water and land?

a. Algae
b. Bindweed
c. Water nut
d. Duckweed

2. Extreme decrease in pH of water results in aquatic fauna-

i. improper growth of different organs
ii. lacking of minerals in bodies
iii. attacked with various diseases

Which one is correct?

a. i and ii
b. i and iii
c. ii and iii
d. i, ii and iii

Read the following paragraph and answer questions 3 and 4:

Onik and Tushar culture fish in two separate ponds. The fish growth in Onik's pond is satisfactory whereas in Tushar's pond, the fishes are weak and their organs are not grown properly.

3. What is the type of water of Onik's pond?

a. acidic
b. alkaline
c. neutral
d. enriched with calcium

4. Which of the followings should be used in Tushar's pond?

a. acid
b. alkali
c. calcium
d. phosphorus

Creative Questions

1. See the following picture and answer the questions:

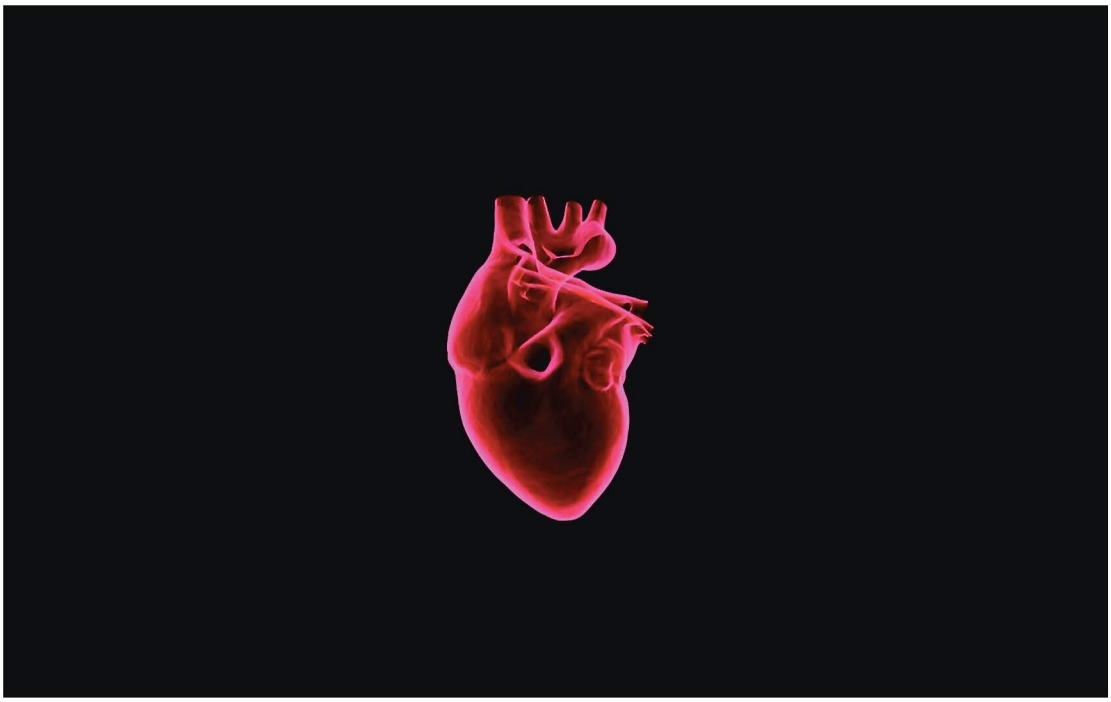


a. Which dissolved gas undergoes chemical reaction with glucose?
b. What do you mean by recycling of water?
c. To what kind the river will be converted? Explain.
d. Do you think that it is possible to spring back the river to sustain aquatic animals? Justify your answer.

2. Mrs. Jamila makes turbid water of a nearby pond suitable for cooking by a special process. On the other hand, Mr. Ratan uses his water both in bottled water manufacturing plant and pharmaceutical industry after disinfecting.
a. What is meant by the term "boiling point of water"?
b. Why do the aquatic plants not break down by water current?
c. How does Mrs. Jamila make pond water suitable for cooking? Explain.
d. Does Mr. Ratan disinfect water for both plants in the same method? Justify your answer.

Chapter Three

All about Heart



The blood circulatory system is one of the most vital systems in human beings and other higher animals because this system supplies nutrition all over the body for metabolic activities. Blood circulatory system consists of blood, heart and blood vessels. Heart is formed by cardiac muscles. It is a triangular vacuum chambered and pump like organ. Blood is circulated by its expansion and contraction. Blood vessels are of three kinds according to shape, structure and function i,e, - artery, vein and capillary. The heart works like a pump in humans and other animals for circulating blood through vessels. Oxygenated blood is circulated in the whole body through artery. Normally carbon dioxide rich blood returns to heart from different parts of the body through veins. The connecting site of artery and vein is the capillary system. We will discuss blood in detail in this chapter.



At the end of this chapter, we shall be able to-

- Explain the components and functions of blood.
- Explain the characteristics of blood groups.
- Explain the principles of blood transmission.
- Explain the necessary precautions for blood transfusion.
- Explain the causes of obstacles in blood circulation and its effects.
- Explain the blood circulation process in human body.
- Analyze the relation among normal blood pressure, heart beat, heart rate and pulse rate.
- Explain the physical problems related to blood pressure, and its prevention technique.
- Analyze the role of cholesterol in blood circulation in the body.
- Explain the necessity and ways of keeping cholesterol at the expected level.
- Explain the causes, preventive measures and cures for imbalanced blood sugar.
- Describe the ways of keeping a healthy heart.

3.1 Blood

Animal blood is red, opaque; inter cellular, salty and alkaline liquid connective tissue. A healthy adult person has 5-6 liters of blood (8% of total body weight). The blood of human beings and other vertebrates is red in colour. Blood is red in colour for hemoglobin. Hemoglobin is a proteinous substance with iron. Hemoglobin chemically joins with oxygen and form oxyhemoglobin. Little amount of carbon dioxide is transferred to lungs with hemoglobin. But most of the carbon dioxide is transferred to lungs through blood as bicarbonate ion.

The Components of Blood and Their Function

The main components of blood are plasma and blood corpuscle (Fig : 3.01). Plasma is 55% and corpuscle is 45% in blood. Blood corpuscle and plasma can be separated by centrifuge. Plasma is pale yellow in colour and blood corpuscles are deep red in colour. Actually blood corpuscles float on plasma.

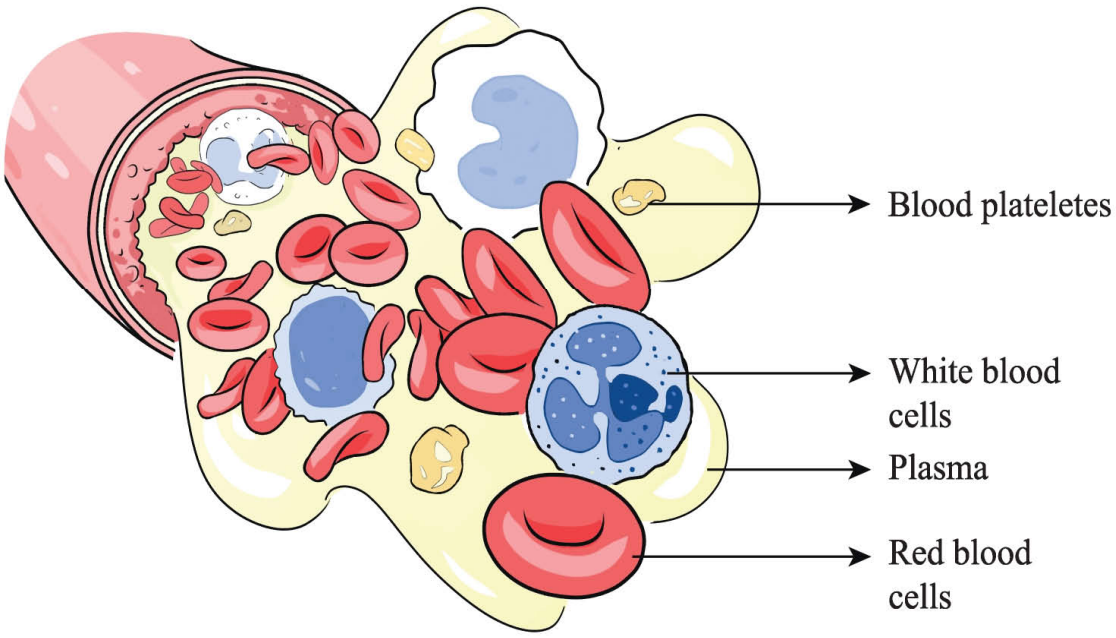


Fig. 3.01 : Different components of human blood

3.1.1 Plasma

The liquid portion of blood is called plasma. Plasma has 90% water and 10% other different types of soluble organic and inorganic substances. The inorganic substances are different types of minerals e.g. sodium, potassium, calcium, chlorine, magnesium, phosphorus, iron, iodine and the gaseous substances like O_2, CO_2, N_2, etc.

The organic substances are-

1. Nutrient- glucose, amino acid, fats and vitamins.
2. Excretory products- urea, uric acid, ammonia and creatinine etc.
3. Protein- Fibrinogen, globulin, albumin, prothrombin etc.
4. Preventive substances are- antitoxin and agglutinin.
5. Various hormones of endocrine glands.
6. Cholesterol, lecithin and bilirubin.

Functions of Plasma

1. Nutrients are transferred to different parts of the body with blood corpuscles by plasma.
2. Extracts the residue from the tissue and transfers to kidney for excretion.
3. The byproduct of respiration that is CO_2 is transferred to lungs as bicarbonate.
4. It transfers the necessary elements for coagulating blood.
5. It transfers hormone, enzyme, and lipid to different parts of the body.
6. It keeps balance of acid and alkali in the blood.

What is Serum?

Serum is a pale yellow or brown liquid which is separated from the coagulated part of blood after blood clotting. There is a difference between plasma and serum. There are blood corpuscles in plasma but no blood corpuscles are in serum.

3.1.2 Blood Corpuscles

Different types of blood cells spread in plasma are called the blood corpuscles. Blood corpuscles are of three kinds (i) red blood cell or erythrocyte (ii) white blood cells or leukocyte and (iii) thrombocytes.

Red Blood Cell

The red blood cell of human body is biconvex and disc shaped (Fig : 3.02). It has a pigment called hemoglobin which makes blood red. So they are called red blood cells or RBC. RBC is mainly floating flat bags full of hemoglobin. So, RBC can carry lots of oxygen. RBC can not multiply. This RBC is produced continuously from bone marrow and they come to the plasma. The life expectancy of bone marrow is near about four months or 120 days. In mammals RBC become nucleus-free before coming to plasma. This does not happen in RBC of other vertebrates. Their RBC is stored in the spleen and supplied to plasma for any urgent need.

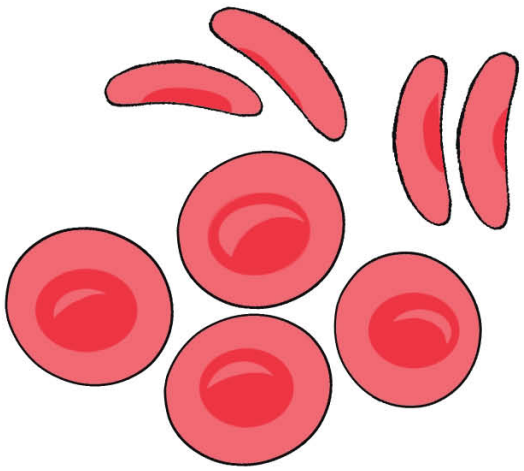


Fig. 3.02 : Red blood cells

The number of RBC for human beings at different ages are: in embryo 80-90 lac, in an infant 60-70 lac, adult male 4.5-5.5 lac, and adult female 4-5 lac. These are approximate and average counts.

The functions of RBC: The main functions of RBC are-

i. to supply oxygen to each and every cell of the body.

ii. to carry some amounts of carbon dioxide from tissue to lungs.

iii. RBC works as buffer stock to keep balance between acid and alkali.

White Blood Cell or Leukocytes

There is no specific structure of WBC. They have no hemoglobin but have a big nucleus. The life expectancy of WBC is 1-15 days. They are called the white blood cell for the absence of hemoglobin. Their number is smaller than that of the RBC. They can change their body shape like amoeba. They kill germs by phagocytosis (Fig : 3.03). They can come to tissue by crossing the wall of blood vessels. The WBC can move itself through plasma. If the body is attacked by external germs, the WBC can multiply quickly. In human body the number of WBC is 4-10 thousand per cubic millimeter. The number is higher in the bodies of children and patients. White blood cells contain DNA.

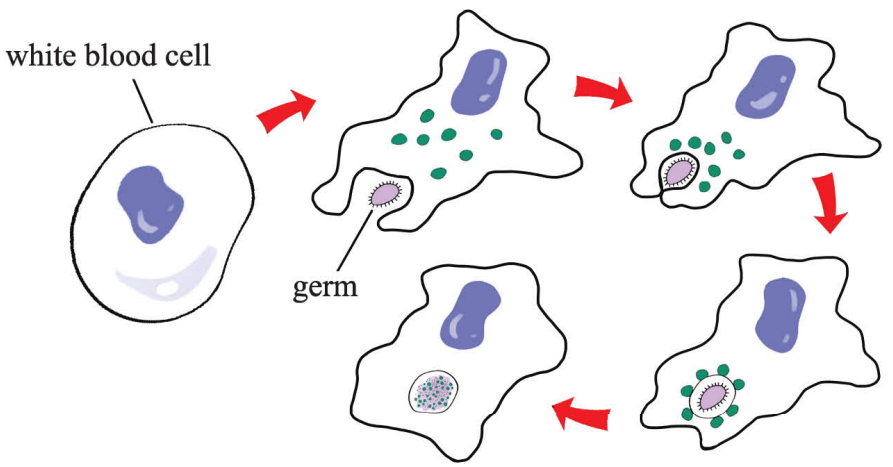


Fig. 3.03 : White blood cell destroys germs by phagocytosis

Types

WBC is of two types according to structure or the presence or absence of cytoplasm. They are (a) Agranulocytes and (b) Granulocytes (Fig : 3.04).

(a) Agranulocytes

This type of WBC is non-granular and transparent. Agranulocytes are of two types e.g. - lymphocytes and monocytes. They are produced in lymphnode, tonsil, spleen etc. Lymphocytes are small in size with a big nucleus; Monocytes are big in size with a small, oval and kidney shaped nucleus. Lymphocytes

form antibody and this antibody kills the germs. Thus the immunity of the body increases. Monocyte kills the germs by phagocytosis.

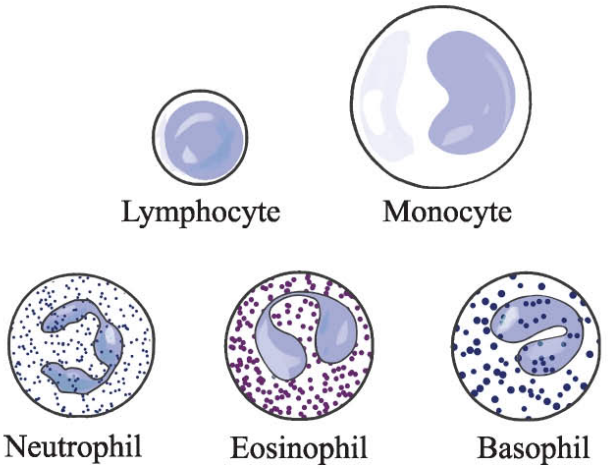


Fig. 3.04 : Different types of white blood cell

(b) Granulocytes

The cytoplasm is small and granular. Granulocytes are of three kinds according to the shape of the nucleus. (i) Neutrophil (ii) Eosinophil and (iii) Basophil.

Neutrophil kills germs by phagocytosis. Eosinophil and basophil secrete a chemical called histamin and prevents allergy. Basophil secretes heparins and prevents blood from coagulation.

Thrombocytes

They are called platelets. They can be round, oval or rod shaped. Their cytoplasm is granular. This cytoplasm has the mitochondria or Golgi substances; but no nucleus. Many people think these are not cells but fragments of bigger cells of bone marrow. The average life expectancy of thrombocytes is 5-10 days. In an adult person the number of thrombocytes is 2.5 lac per cubic milliliter. The number is higher in a sick body.

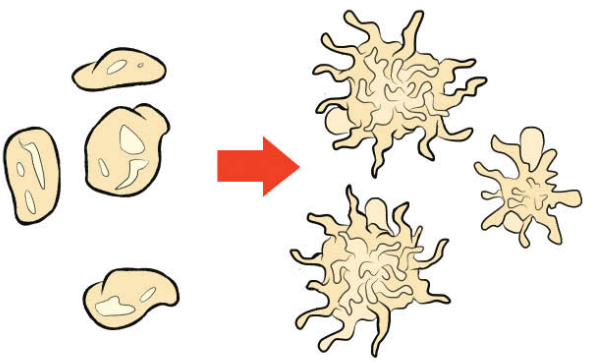


Fig. 3.05 : Thrombocytes and its change of shape

The main function of thrombocyte is to help in blood clotting. When a vessel or any tissue is cut by injury then the thrombocytes of that place break down (Fig : 3.05) and secrete thromboplastin. This thromboplastin transforms the prothrombin into thrombin. This thrombin then transforms the fibrinogen into fibrin net. This fibrin net helps blood to clot. Fibrin is a kind of non soluble protein which makes thread like nets. It coagulates in the damaged part and stops bleeding. This process is more complicated. Different types of chemicals and vitamin K and calcium ion are involved in this process.



Individual Work

Make a table to differentiate between RBC, WBC and Platelets

3.1.3 The Functions of Blood

1. **Respiration:** Blood transfers CO_2 from tissue to lungs and transfers the 0_2 from lungs to tissue. Mainly RBC and plasma do this work.
2. **Hormone Transfer:** Blood transports hormone secreted from the endocrine glands to the different parts of the body.
3. **Transportation of Nutrients:** Blood carries nutrients to the cells of tissue of the body.
4. **Transfer of Residue:** Blood sends the nitrogenous residue to the kidney.
5. **Heat Control:** Blood controls body temperature by providing equal heat to all parts and organs of the body.
6. **Prevention of Diseases:** The monocytes and neutrophils kill the germs by phagocytosis process. Lymphocytes produce antibody and kill the germs inside the body and protect the body from external germs.

The List of Different Elements of Blood of an Adult Person

1. RBC in male: 4.5-5.5 lac per cubic ml.
 Female: 4-5 lac per cubic ml
2. (a) WBC: 4000 : 10000 per cubic ml
 i. Neutrophil: 75%
 ii. Eosinophil : 1- 6%
 iii. Monocytes : 2 - 10%
 iv. Lymphocyte : 20 - 45%
 v. Basophil: 0- 1 %

 } the percentage of total WBC.

3. Hemoglobin } Male: 14-16 gm/dl
 Female: 12-14 gm/d
4. Platelets: 150000 - 400000 per cubic ml

Other Organic Substances:

i) Serum Urea: 15 - 40 gm/dl
ii) Serum Creatinine: 0.5 - 15 mg/d
iii) Cholesterol : 0 - 200 mg/dl
iv) Bilirubin : 0.2 - 1 mg/dl
v) Blood sugar (before meal) normally 3.6 - 6.0 mmol/L
dl = deciliter

3.1.4 Abnormal Condition of Blood Elements

The differences in the standard amount of various elements in blood are called abnormal condition of blood e.g.-

(i) **Polycithimia:** The number of RBC increases than the normal condition.

(ii) **Anaemia:** The number of RBC or hemoglobin decreases than the normal condition.

(iii) **Leukemia:** The number of WBC increases due to pneumonia, plague or cholera. If the number of WBC is abnormally high, that is, 50000 - 100000 then that is called leukemia or blood cancer.

(iv) **Leucocytosis:** If the number of WBC increases to 20000 - 30000 then that is called the leucocytosis. Pneumonia and whoofing cough are the causes of this disease.

(v) **Thrombocytosis:** The number of platelets becomes higher than the normal. Clotting of blood in the blood vessels is called thrombosis. If the blood is clotted in the coronary vessels of the heart, that is called coronary thrombosis. If the blood is clotted in cerebrum, that is called cerebral thrombosis.

(vi) **Parpura:** Perpura is caused by dengue fever. The number of platelets decreases than the normal.

(vii) **Thalassemia:** Thalassemia is a hereditary disease of blood that affects a person's ability to produce hemoglobin, resulting in anemia. This disease is passed to children by parents who carry the mutated thalassemia gene. Normally this disease is identified in childhood. The treatment of thalassemia involves regular blood transfusions after every three months.

3.2 Blood Group

3.2.1 Antigen and Antibody

If the blood of two individuals is mixed, sometimes the blood gets mixed normally but sometimes this mixing can lead to blood clumping. To know this, we have to understand two factors—one is antigen and the other is antibody. Antigen is a foreign substance or protein. When this protein enters into our blood, the immune system of our body considers it harmful to the body and tries to prevent it. To prevent antigen, our blood creates a substance which is called antibody. A special type of reaction occurs when antigen and antibody exist in the same solution. This antigen attacking reaction is called antibody-antigen reaction and, because of this reaction, the blood corpuscles coagulate.

In 1900, Dr. Karl Landsteiner invented through experiments that human red blood cells contain two types of antigen. So, naturally two antibodies are found in the serum (the fluid on which RBCs float) to prevent two antigens. These two

types of antigens in the red blood cells are named A and B. You have certainly understood that if a person's blood contains antigen A, his blood can never contain antibody A. If so happens, the antibody will attack red blood cells of its own blood resulting in death of the individual. The blood that contains antigen A, also contains antibody B. Similarly, the RBC of the blood that contains antigen B, also contains antibody A.

If we have understood antigen and antibody, we will understand how blood is divided into different groups.

If red blood cells have two antigens—antigen A and antigen B, then blood can be divided into four types as follows:

Group A	Antigen A	In serum there is no antibody of antigen A but there is antibody of antigen B.
Group B	Antigen B	In serum there is no antibody of antigen B, only the antibody of antigen A stays
Group AB	Both antigen A and B	In serum, antibody of neither antigen A nor antigen B can stay.
Group O	No antigen	In serum antibody of antigen A and antigen B is present.

Now, you yourself can say which person should be donated blood from which group.

Since red blood cells of blood group O have no antigen, this blood can be donated to any blood group individuals. Whatever antibody this group O blood can have, no harm can be done to the recipient. For this reason, blood group O is called universal donor.

On the contrary, blood group AB cannot be donated to any group except its own group, because all other groups have either antigen A or antigen B. As blood group AB has two antigens, any one or both antibodies can attack red blood cells leading to blood agglutination.

Blood group A and B can be donated to group AB other than their own group because AB group has no antibody, and so, neither of antigens A and B will be attacked.

Again, if we see from the acceptor's point of view, we will find just the opposite. Blood group O cannot accept blood from any other group because serum of all other groups contains both types of antibody. On the other hand, blood group AB can receive blood from all because its serum contains no antibody. For this reason, AB is called universal acceptor.

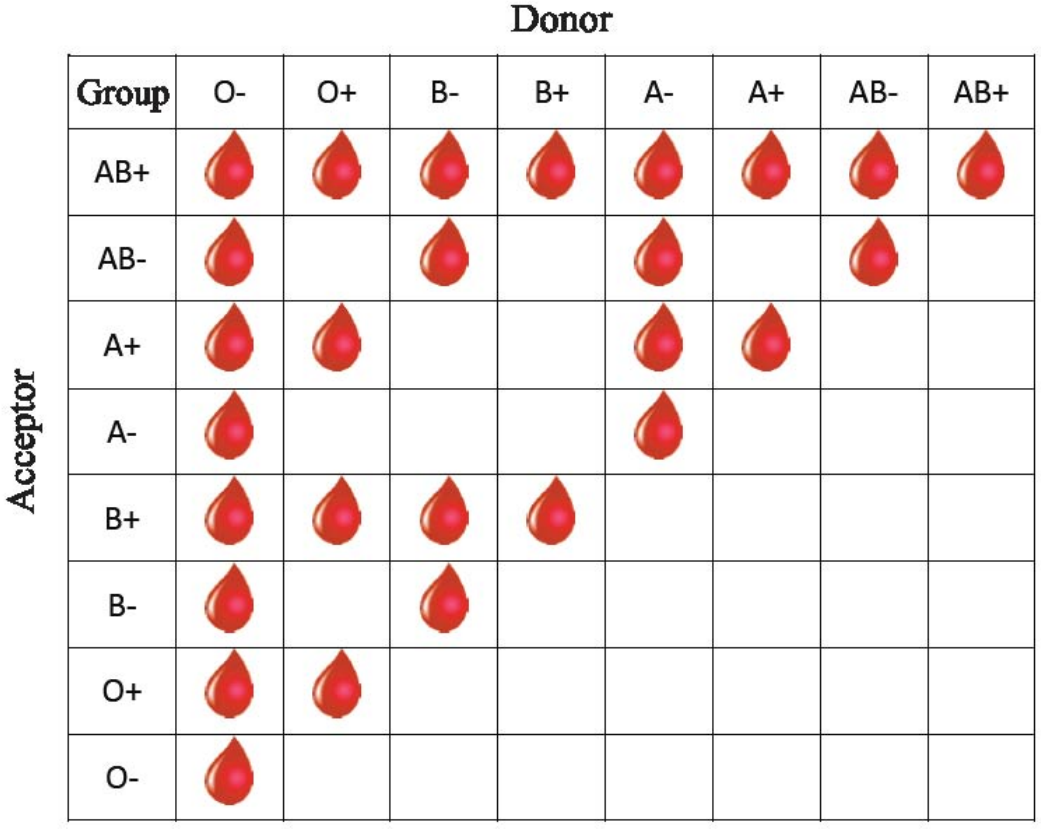


Fig. 3.06 : Which blood group is suitable for whom

3.2.2 Rh Factor

The topic discussed so far has not come to a conclusion because an important division of blood has not been talked about. Those who among you are familiar with blood group, have certainly noticed that only A, B, AB or O does not mean blood group. Always they are followed by plus or minus sign (such as: A+. O-). Where does this plus or minus sign come from?

The red blood cells of a monkey named Rhesus contain a type of antigen which is also found in the RBC of many human beings. According to the name of this monkey, it is called Rhesus factor or Rh factor in brief. The presence of Rh antigen in human body is called Rh+ and the absence of Rh factor in the blood is called Rh-. The plus or minus sign after the blood group is nothing but this Rh factor.

You must have understood that Rh blood can always be donated to the individuals with Rh+ blood. But the opposite of this creates a sort of complexity. If Rh- blood is donated to the individual with Rh+ blood, there will be no reaction for the first time. But the plasma of the recipient will continuously produce the opposite antibody of Rh+ antigen. Therefore, if the recipient receives Rh+ blood for the second time, this antibody Rh+ will react with RBC and blood will be clotted. However, if the recipient does not receive Rh+ blood for the second time, then the Rh+ antibody will be damaged gradually and the recipient will get back the normal blood.

Rh factor is very important for pregnant women. If the mother's blood is Rh- and the father's blood Rh+, their first child will be Rh+ because Rh+ is a dominant character. In the womb, embryo is joined with the mother's ovary with placenta. Rh+ blood of the child reaches the mother's blood through placenta and mother's plasma will create opposite of Rh+ antibody. Since this antibody is produced slowly, in the case of the first child, Rh+ antibody of the mother's blood cannot do any harm to the first child. As a result, a healthy child is born (Fig : 3.07).

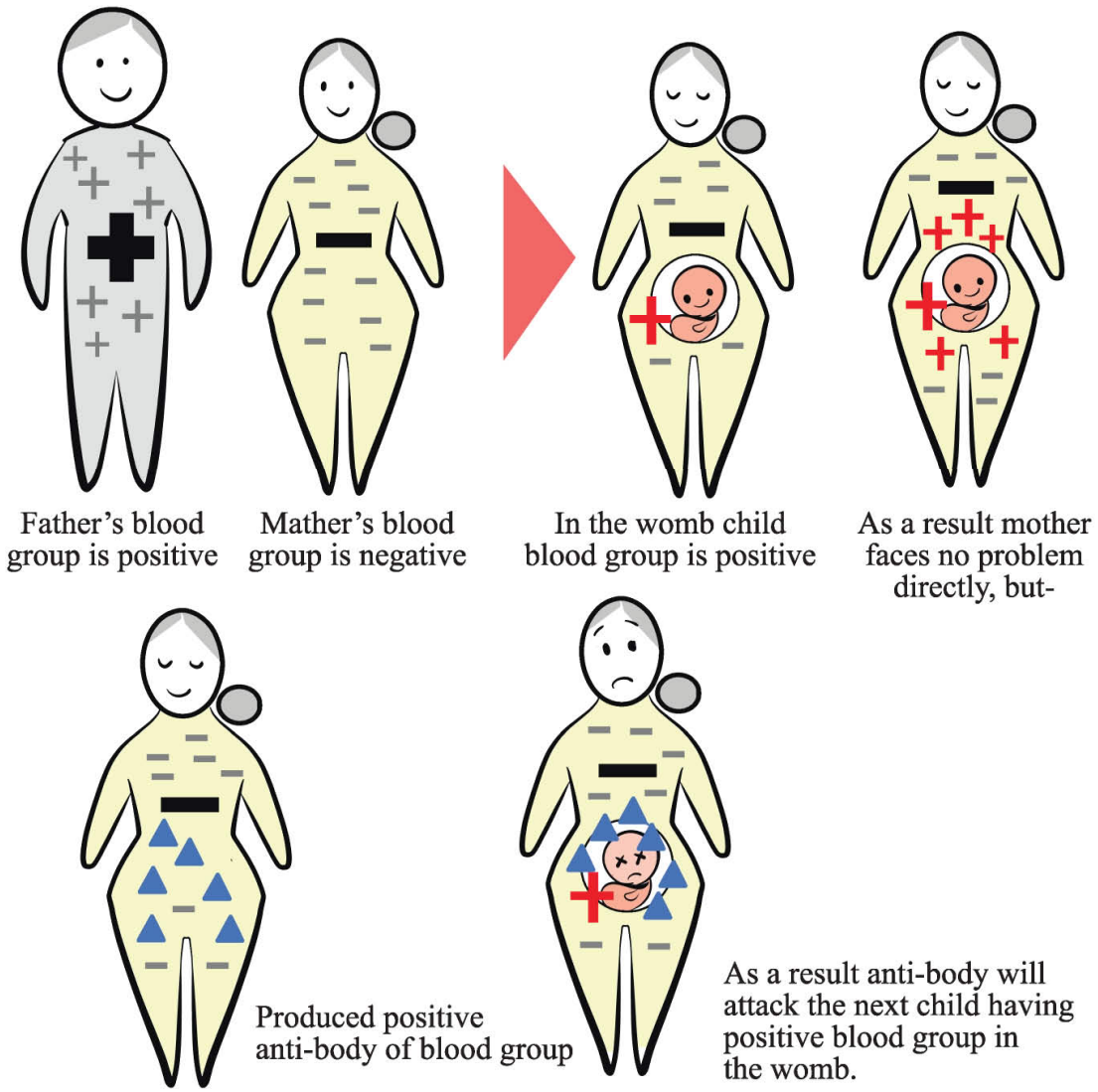


Fig. 3.07 : Rh- of mother and Rh+ father may cause complications of children

Individual Work

Task : Which blood group is suitable for which group, use this information make a table and findout acceptor group.

	Donor								
Acceptor	Type	A+	A-	B+	B-	AB+	AB-	O+	O-
		√	√					√	√
				√	√				√
									√
			√		√		√		√
		√	√	√	√	√	√	√	√
								√	√
			√						√
									√

3.2.3 The Importance of Classification of Blood

i. Blood test should be done for both the donor and recipient before donating blood because the blood of different groups may cause clotting of blood and result in death. If it is not possible to know the blood group in danger time, then only the group having 0 and Rh negative blood should be donated.

ii. If there is a problem about the fatherhood of a child, blood test can solve the problem.

iii. Criminals can be identified by testing blood group.

Blood Transfusion Policy

Because of illness or an accident, there may be lack of sufficient amount of blood in human body. In that case, blood transfusion is a must. Here, it must be ensured that the donor's blood is germ-free and appropriate. Before blood transfusion, the donor's blood should be tested whether it is contaminated by the germs of AIDS, jaundice, or any other fatal diseases. Of caurse, doctors test A,B,O and Rh of the blood of the patient and the donor to match their blood group. Then he takes initiative for blood transfusion. A number of disorders may occur in human body if the blood group is not properly matched before blood transfusion.

3.3 Blood Circulation

We have come to know from the beginning of this chapter that the blood is circulated by the blood circulatory system of vertebrates. In human body the important parts of blood circulatory system are: heart, veins, arteries, and capillaries. Before knowing the function of these parts their structure should be known. So they are described below.

3.3.1 Heart

Heart is a pump machine of blood circulatory system. It circulates blood by expansion and contraction. The heart of human beings lies in the middle of the two lungs and above the diaphragm. The broader part of heart is in the upper part and the pointed part is in the lower part of the body (Fig : 3.08).

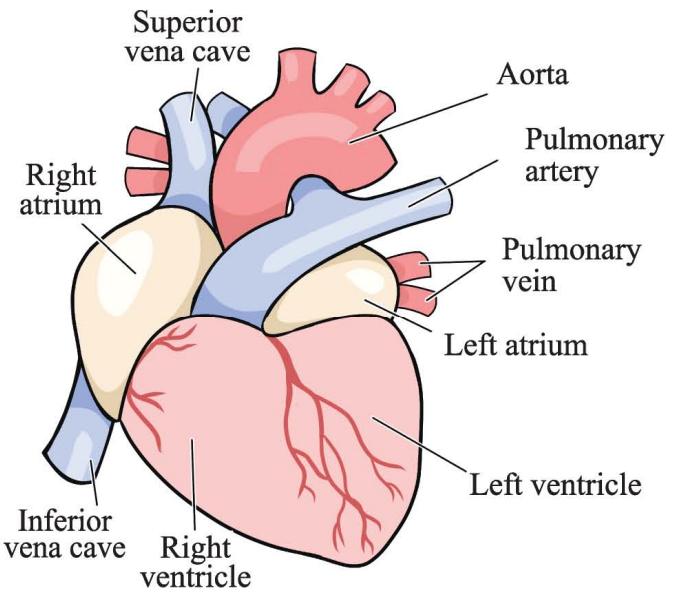


Fig: 3.08 : Heart

Heart is covered with two layered pericardium. There is pericardia! fluid between the two layers. This helps the heart to contract. There are four chambers in a human heart. The upper two chambers are called the left and right atrium and the lower two chambers are called the left and right ventricle. The atriums are divided by inter atricular septum and ventricles are divided by inter

ventricular septum. The wall of atrium is thin, while the wall of ventricle is thick and muscular. There is a superior vena cava and an inferior vena cava with right atrium. There are four pulmonary veins with the left ventricle. The pulmonary arteris originate from the right ventricle and the aorta originates from the left ventricle.

In modern language of physiology the upper chamber of heart is called atrium instead of auricle. So, here artrium is used instead of auricle.

Artery

The blood vessels which carry blood from the heart to different parts of the body are called arteries. The wall of artery is thick and three layered and their lumen is narrow (Fig : 3.09). There are no valves in the artery. So blood circulates quickly through artery.

There is pulse in artery. Artery is divided into branches in different parts of the body. They are called the arterioles. They continuously divide and make fine capillary. Thus, artery starts from heart and ends in capillary. Oxygenated blood is transferred from heart to different parts of the body through artery. But pulmonary artery carries blood with carbon dioxide from heart to lungs.

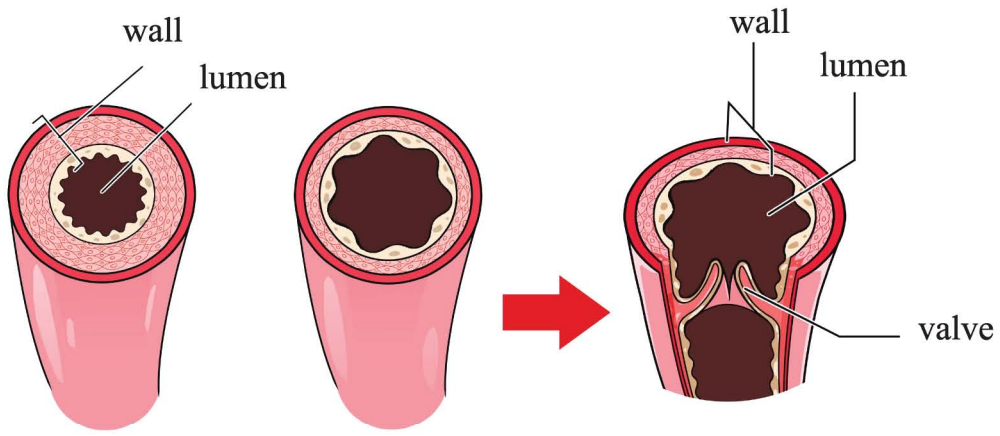


Fig. 3.09 : Artery and Vein cross section

There is pulse in artery. Artery is divided into branches in different parts of the body. They are called the arterioles. They continuously divide and make fine capillary. Thus, the artery starts from heart and ends in capillary. Oxygenated blood is transferred from heart to different parts of the body through artery. But pulmonary artery carries blood with carbon dioxide from heart to lungs.

Vein

The blood vessels which carry blood with carbon dioxide from different parts of body to heart are called veins. But pulmonary vein carries oxygenated blood from lungs to the heart. The wall of this vein is also three layered but its wall is very thin and the lumen is larger (Fig : 3.09). There are valves in the vein. So blood circulates slowly.

The capillary net at the end of artery creates fine veins. These subveins then create veins. Some veins then create vena cava. Thus, vein starts from capillaries and end in the heart.

Capillary

Any of the minute blood vessels that form networks throughout the body tissues are called capillaries (Fig : 3.10). It is through the capillaries that oxygen, nutrients and wastes are exchanged between tissues.

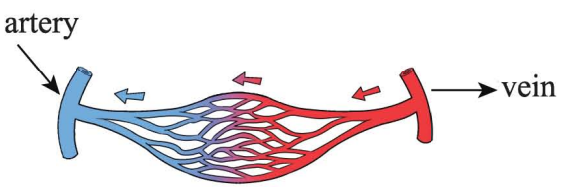


Fig. 3.10 : Capillary Net

3.3.2 Functions of Heart

We know that the blood circulatory system of human body is formed by heart, vein, artery and capillary. The human heart continuously expands, contracts and circulates blood through veins and arteries (Fig : 3.11). The spontaneous contraction of blood is called the systole and spontaneous expansion is called the diastole. It is mentionable that when the atrium goes to systole then the ventricle is in diastole (Fig : 3.12).

Thus, the heart circulates blood by systole and diastole in the human body. At that time the oxygenated blood reach from left ventricle to aorta and CO_2 rich blood from right ventricle to pulmonary artery. Blood is circulated by different arteries and sub arteries to different capillary of the body and they supply nutrient and O_2 to the cell. On the other hand, CO_2 rich blood is transferred to pulmonary net from pulmonary aorta. Blood receives oxygen from the lungs and forces it to the left atrium through pulmonary vein. On the contrary, CO_2 rich blood again reaches to the atrium from capillary through different veins and vena cava. The heart circulates blood to the different parts of the body by expansion and contraction in a rhythmic way.

Heart Beat

Heart is like a pump machine. It is an automatic pump that beats in our body for all the time in a rhythmic way. This beating is called the heart beat. Blood is circulated to our body by heart beat.

Heart beat is a complex system. Human heart is myogenic. That is, it contracts and expands without any external force. The whole process of continuous beating of the heart is called cardiac cycle. The atrium and ventricle are related to the expansion and contraction of heart. This cardiac cycle is related to expansion and contraction of the heart. Cardiac cycle consists of four steps (Fig : 3.13)-

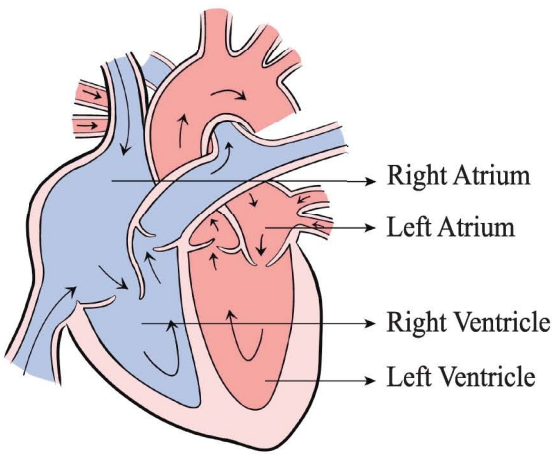


Fig. 3.11 : Different parts of Heart

a. Diastole of Atrium: During this time, two atriums remain in expanded form. As a result, CO_2 rich blood from the whole body comes to the right atrium through superior and inferior vena cava and O_2 rich blood from lungs enters into the left atrium through the pulmonary vein.

b. Systole in Atrium: When the atriums are filled with blood, they contract. So, blood is sent to the ventricle. CO_2 rich blood from the right atrium comes to the left ventricle and O_2 filled blood from the left atrium comes to the left ventricle.

c. Systole of Ventricle: Ventricles contract when they are filled with blood. At this stage the tricuspid and bicuspid valves remain close and semi lunar valve remains open. At the time of systole of ventricle and the closing time of valve the first sound of heart beat is called 'Lab'.

At this time, oxygenated blood from the left ventricle enters into aorta and CO_2 filled blood from the right ventricle enters into lung artery. From aorta, blood is circulated by different arteries and sub arteries to different capillary of the body

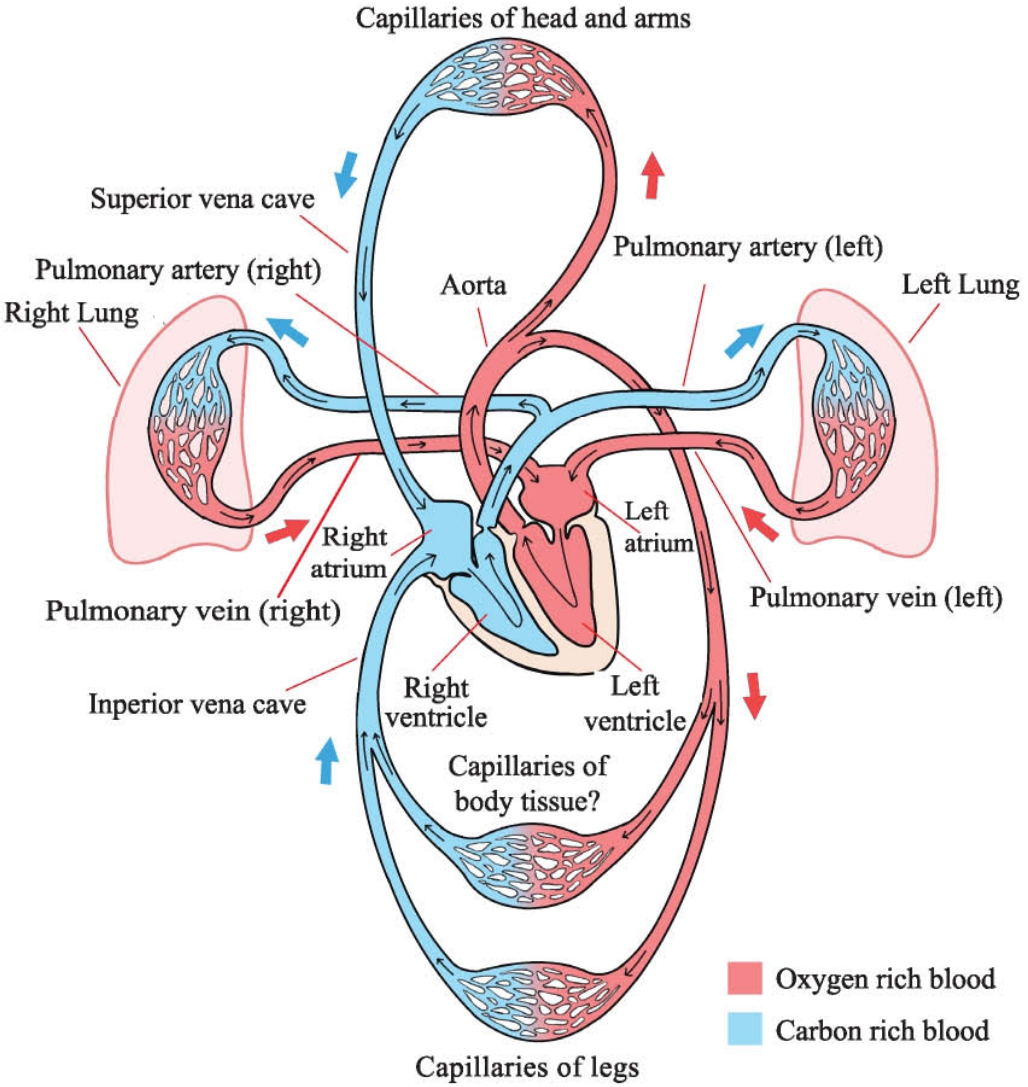


Fig. 3.12 Human blood circulation

and they supply nutrients and O_2 to the body's tissue. On the contrary, CO_2 rich blood is transferred to pulmonary net from pulmonary aorta. Blood receives oxygen from lungs and forces it to the left atrium through pulmonary vein. CO_2 rich blood (deoxygenated blood) again reaches the atrium from capillary through different veins and vena cava.

d. Diastole of Ventricle: The diastole of ventricle starts just after the systole of the ventricle. At this stage, blood from atrium again begins to normally fill the ventricle. At the time of diastole and the closing time of valve the second sound is called 'Dab'.

So the sounds of the heart are-

The systole of ventricle- Lab

The diastole of ventricle- Dab

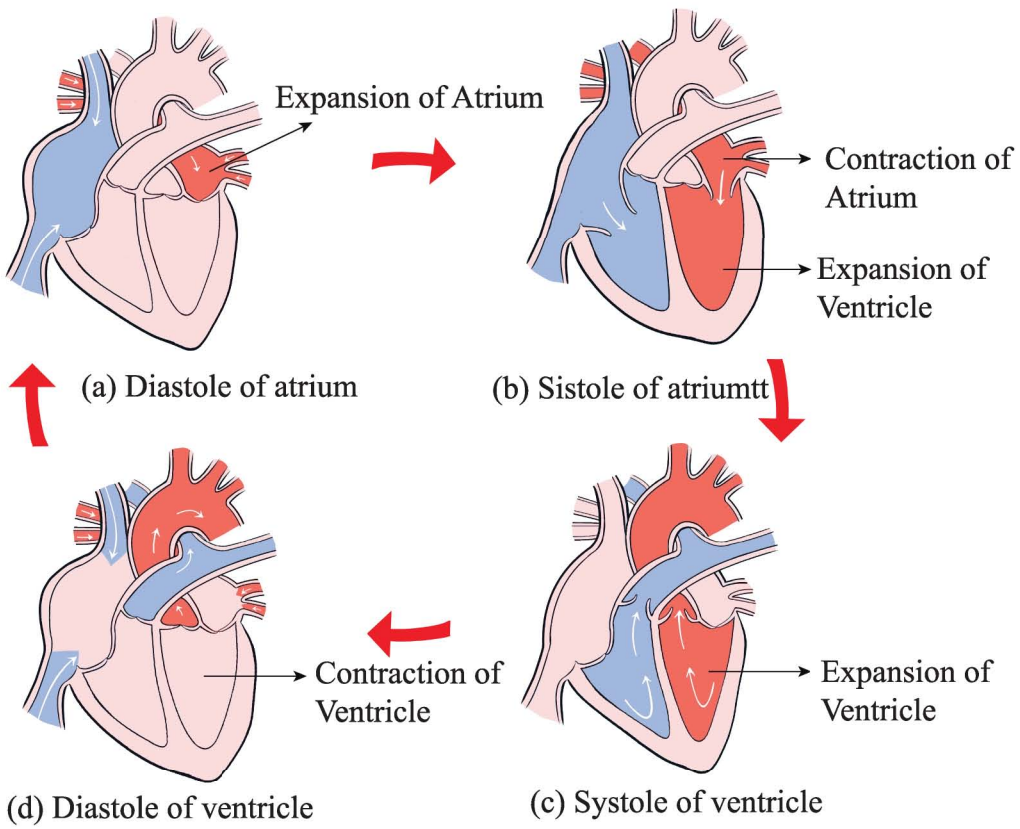


Fig. 3.13 : Cardiac Cycle

A heart beat is composed of a systole and a diastole. It takes 0.8 second. The heartbeat of a healthy person is 70-100 per minute. This beat can be counted by the radial artery of the wrist of our hand. This sound also can be felt by the stethoscope. The diaphragm of the stethoscope should be placed in a special site of the chest and the end of the two tubes should be placed in the ear. Feeling heart beat in the wrist of the hand is called the pulse. The sound heard by stethoscope is called the heart sound. When the beat per minute is counted at the wrist, it is called pulse rate.

3.3.3 The Method of Counting Pulse Rate or Heart Beat

The wrist of the patient should be pressed by the pointer, middle and ring finger. Then the heart beat per minute can be felt. The three fingers should be placed in such a way that the fight pointer is placed towards the heart and middle finger is in the middle and the ring finger is near to the fingers of the patient (Fig : 3.14). Now, heart beat per minute can be felt by the middle finger. This is pulse rate.

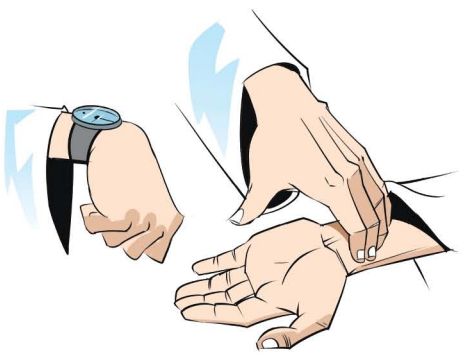


Fig. 3.14 : Counting pulse rate or heart beat

If the pulse is not found in wrist it can be found near the throat or it can be heard directly by placing ear on the chest. Pulse rate can be counted by the method described above. Pulse rate should be counted by watch. Pulse rate is normally high during hard work, when one becomes nervous, during severe pain or in fever. Pulse rate is normally 60 - 100. In fever, shock or hyper activity of thyroid gland is the cause of high pulse rate which is higher than 100. Pulse rate increases 10 per minute for increasing 1 degree Fahrenheit temperature. If the pulse rate is very high, or very low or irregular, there may be a problem in the heart. The pulse rate may be lower than 60 resulting from jaundice or heart block.

Normally, pulse rate increases due to mental excitement, exercise and in the evening. At this stage, pulse rate may be high but that should be thought normal. In sleep and in the morning after sound sleep, pulse rate may be less than 60. This condition should also be taken normal.

3.4 Blood Pressure

During the expansion and contraction of heart, blood creates pressure to the wall of the artery that is called blood pressure. So, blood pressure means the pressure of blood in the artery. Blood pressure depends on activity of the heart, elasticity of arterial wall, and density and amount of blood. The pressure in the systole stage is called systolic blood pressure and the pressure in the diastolic stage is called diastolic blood pressure. A normal healthy adult person has 110-140 mm Hg systolic blood pressure and 60-90 mm Hg diastolic blood pressure. Normal blood pressure is expressed as 120/80 mm Hg. Sphygmomanometer is the machine for determining blood pressure.

3.4.1 High Blood Pressure

High blood pressure is called hypertension. If the blood pressure continues to be higher than the standard rate of age in the normal state of body and mind, that is called high blood pressure or hypertension. If the blood pressure is low, that is called low blood pressure. If the systolic blood pressure is higher than 160 mm Hg and the diastolic blood pressure is higher than 95 mm Hg that is called high blood pressure. If the blood pressure is high for tension, depression, sleeplessness or any other cause, that cannot be said high blood pressure. No medicine is needed in this case. The cause of hypertension is still unknown. But obesity, fatty body, taking too much salt, less physical work, diabetes, restlessness, mental pressure, high blood cholesterol are the probable causes of high blood pressure. Hypertension may cause stroke, paralysis, heart enlargement, heart attack, heart failure, kidney damage or disturb in eye vision. Low blood pressure is not as harmful as high blood pressure. But if blood pressure becomes very low, it may cause many problems.

Following precautions can be taken for the prevention of high blood pressure.

1. Diabetes should be controlled.
2. Be careful about body weight.
3. Avoid fatty food e.g. - ghee, butter, beef, mutton and prawn.
4. Take a balanced diet.
5. Don't take more food than you need.
6. Keep away from smoking and drinking wine.
7. Take regular exercise.
8. Sleep 7 - 8 hours daily.
9. Live a stress free and anxiety free life.
10. Don't take extra salt with meal.

3.4.2 Cholesterol

Cholesterol is a kind of lipid or steroid. Each and every tissue of human body has cholesterol. Its amount is high in brain and liver. Cholesterol combined with other substance works as a carrier of lipid in blood. The compound of lipid and protein is called the lipoprotein. According to the amount of fat, there are two kinds of Lipoprotein-High Density Lipoprotein (HDL) and Low Density Lipoprotein (LDL). If the LDL of blood increases, cholesterol of blood also increases. The presence of more LDL in blood is harmful to health. On the other hand the presence of more HDL is good for health. The normal amount of cholesterol in blood is 100-200 mg/dl. The presence of more cholesterol causes the risk of heart disease. If the amount of cholesterol is more than the normal amount, this cholesterol and calcium are accumulated in the inner wall of the blood vessels and the lumen shrinks. So, the elasticity of artery decreases and the artery becomes rigid. This is called arteriosclerosis. Arteriosclerosis causes split in the artery. Bleeding from this injury causes blood coagulation and disturbs the flow of blood. If the blood is clotted in the coronary vessels, that is called coronary thrombosis. And if blood is clotted in brain, that is called cerebral thrombosis. These may cause death. If the amount of cholesterol increases, the amount of LDL also increases and HDL decreases. If the amount of LDL is more than 150 mg/dl, a doctor should be consulted.

3.5 Ways to Keep the Heart Healthy

We knew from the first chapter that we need balanced diet for healthy body. Rest and exercise are needed to keep the body active. Eating a balanced diet is important. Develop some good habit of livelihood is also important. There are many causes of diseases. But proper food management and livelihood can keep our heart healthy. These are-

1. Body weight should be controlled according to height. Over weight weakens the heart.
2. Food should have a combination of both animal and plant proteins.
3. There should be control in carbohydrates, sugar and fat food. Veg etables and fibrous food should be eaten more. Vegetable oil should be taken. The oil of some sea fish reduces the amount of cholesterol in blood and decreases the tendency of blood clotting. So, the people who eat fish have less risk of heart disease.
4. The amount of minerals and vitamins in a balanced diet should be kept fixed. Regular taking of garlic, tamarind, fruits rich in vitamin C, and other fruits reduces the risk of heart diseases.

Besides this, right amount of food should be taken and food should not be taken more than the needs. Situation of mental stress should be avoided. Light exercise, walking, disciplined life, that is, sleeping on time, avoid smoking and drinking wine, can save from heart diseases and high blood pressure.

3.6 Diabetes

Diabetes is a kind of metabolic disease. When we eat anything, that food turns into glucose and gets into blood. A hormone named insulin which is secreted from pancreas converts this glucose into energy. When someone is attacked with diabetes, the pancreas cannot produce sufficient insulin or the body cannot use insulin. For this reason, glucose in the blood increases. Normal level of glucose in human blood is 4.0-6.0 mMole/l or 70-110 mg/deci.l. Diabetes is not a contagious disease. Diabetes has indirect effect on heart disease. The amount of

glucose becomes high in the blood. This affects normal activities of different parts of the body e.g. - heart, kidney and eyes. It is seen that the diabetes patients have more risk of coronary heart disease. It makes the heart inactive and causes stroke resulting in death. On the other hand long-term diabetes causes high blood pressure or hypertension. High blood pressure is the symptom of coronary heart disease. If blood sugar is uncontrolled for a long time the risk of coronary heart disease becomes very high.

High Risk People of Diabetes

Anyone can get diabetes at anytime. The following four classes of people have high risk-

1. Hereditary- Father, mother or close relation who have diabetes
2. Over weight and fatty body
3. No physical exercise or physical work
4. Taking steroid medicine for a long time

Symptoms of Diabetes

1. Frequent urinating, especially at night
2. Feeling of excessive thirst frequently
3. Excessive feeling of hunger and too much physical weakness
4. Weight loss though eating much, lean and thin body
5. Feeling of tiredness after doing little labour
6. Skin becomes dry
7. Haziness
8. Slow recovery from any injury

Food for Diabetic Patient

The role of food is very important for diabetic control. Diabetic patients should control food with regular taking of medicine. Only medicine cannot control the disease without proper food management. The patient should take such a diet as it fulfills the minimum calorie needed and checks the amount of sugar in blood and urine.

Diabetes Control

Diabetes can be controlled in three ways - food control, taking medicine and disciplined life.

(a) Food Control: If a fat person gets diabetes he/she has to take food according to doctor's recommendation until the weight becomes normal. Diabetes patients should not take sugar or sweet. They should eat protein rich food (green vegetables, mushroom, nut, egg, fish, meat without fat) and low carbohydrate food.

(b) Taking Medicine: All the diabetes patients have to control food and lead a disciplined life. In most of the cases the disease gets under control for maintaining these two rules. But insulin dependent patients should take insulin.

(c) Disciplined Life: The patient should maintain discipline stoically.

1) Regular taking of balanced diet.
2) Regular exercise.
3) Regular urine test and keeping record.
4) Avoiding sweets.



Exercise



Multiple Choice Questions

1. Which of the followings coagulate blood?

a. RBC
b. Platelets
c. WBC
d. Lymphocyte

2018

2. Which supply oxygenated blood?

a. Artery and Pulmonary artery b. Vein and Pulmonary vein

c. Artery and pulmonary vein d. Vein and artery

Read the passage below and answer the question no 3 and 4.

Avishek got an accident on the way to Manikgonj. His friend had severe bleeding for that, so blood was needed. Avishek said that he could donate blood without any blood test.

3. What is the blood group of Avishek?

a. A b. B

c. AB d. O

4. Which of the gas does not occur in serum?

a. O_2 b. CO_2

c. Cl_2 d. N_2

Creative Questions

1. Rafin is a student of class X. His father is a healthy man. He has noticed that it takes time to cure the injury of the body, his skin has become dry and he gets tired after little labour. So, his father called in a doctor. The doctor advised some rules and regulations to keep the body healthy.

a. What is blood pressure?

b. What is meant by systolic blood pressure?

c. What diseases Rafin' s father got?

d. What advice did the doctor give to Rafin's father to keep healthy? Explain.

2. See the figure below and answer the question:

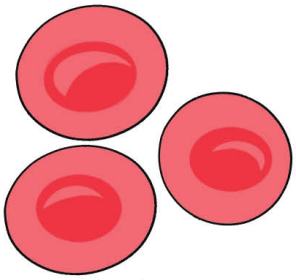


Fig. A

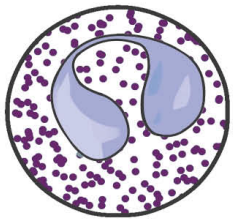


Fig. B

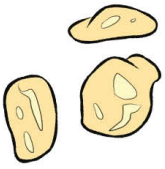


Fig. C

a. What is blood?
b. What is capillary?
c. Explain the role of the cell shown in Figure B in human body.
d. Both Figure A and Figure C are located in the same connective tissue but their functions are different. Explain.

Chapter Four

Starting a New Life



It is thought that life was originated on the earth about three hundred and fifty crore years ago. The climate of the world then was not stable. After crores of years now the world is in a stable state and has a more or less specific climate. Many species live on this earth. That is the first created early life evolved to these species.

Human life begins with a cell in the mother's womb. The cell being formed by the interaction of an egg of mother and sperm of father. In the early part of life it takes the shape of a baby. Later the baby gradually develops to the stage of old age. One of the evolving stages of the life cycle of a man is adolescence. During adolescence physical and mental changes take place in human body. In this chapter, we shall discuss the origin and evolution of life on earth and the course of physical and mental changes during adolescence.



At the end of this chapter, we shall be able to-

- Explain adolescence
- Explain the causes of physical changes in adolescence.
- Describe the ways of adjustment to the physical and mental changes in adolescence.
- Explain the strategies of keeping good physical and mental health during adolescence.
- Explain health risk of marriage in adolescence and its effects.
- Explain the concept of test tube baby.
- Explain the way of determining sex.
- Explain the origin of life and the concept of biological evolution.
- Explain the concept of origin of new species on earth.

4.1 Adolescence

The birth of a baby is an event of great pleasure in a house. Everyone wants to fondle it and take it in their lap. The baby gradually grows up. Childhood ranges up to the age of five. Normally a male baby after six years of age is called a boy and a female baby is called a girl. Generally we count boyhood from the age of six to ten. After ten years a girl is called a teenage girl and a boy is called a teenage boy. This period of human life is called adolescence. The period of adolescence ranges from ten to nineteen years. From this period the course of changing starts from boy to man and from girl to woman. Normally the change of a girl starts earlier than a boy. Adolescence among girls starts from the age of eight to thirteen years and among boys from ten to fifteen. Sometimes this change happens earlier or later.

4.1.1 Changes at Puberty

Among the changes of adolescence the physical changes are noticed first. These changes give clear ideas about one's adolescence. It takes time to grow in early childhood. But growth in adolescence is sudden. Suddenly the boys and girls become taller and their weight also increases rapidly (Fig : 4.01). Many more changes occur in boys and girls from the age of ten and it continues for three to four years.



Fig. 4.01 : Rapid growth during puberty

For various reasons, people of our country hesitate to discuss these very natural changes. But as you are now passing the adolescence period, you had better know what changes may take place in you. Then, you will be able to be prepared for the future life without being scared or shy.

There are three kinds of changes in adolescence.

1. Physical
2. Mental
3. Behavioural

1. Physical Changes

(a) Growing taller rapidly, Increase of weight.
(b) Boys (at the age of 16/17) grow beard and moustache, and breasts of girls get enlarged.
(c) Stoutness of body.
(d) Change of physical structures towards adulthood.
(e) Developing beard and moustache at the age of 16/17.
(f) Growing hair in different parts of the body.
(g) Coarseness of voice.
(h) Ejaculation in boys, Beginning of menstruation in girls
(i) The chest and shoulder of boys becoming broader, Expansion of the hip bone in girls.

2. Mental Changes

(a) Great desire to get attention, care and love of others, specially the nearest ones
(b) Tendency to act with emotion
(c) Growing curiosity about the relation of boys and girls
(d) Getting attracted to opposite sex
(e) Starting the stage of mental maturity
(f) Starting to become self dependent instead of depending on others

3. Behavioural Changes

(a) Behaving like an adult
(b) Trying to show the individual personality
(c) Trying to establish own opinion in every situation
(d) Tendency to get involved in risky and dangerous work

Individual Work

Exercise: Fill up the table below (individual work)

Adolescence		
Physical Change (girls)	Physical Change (boys)	Mental Change (Both)

4.1.2 Cause of Changes in Adolescence

Normally adolescence period ranges from 11 to 19 years for boys and girls. Many physical and mental changes take place in this period. But the time of adolescence may be different for the variation of weather, place and amount and quality of food. The changes of adolescence period are caused by a chemical substance called hormone secreted from endocrine gland. Hormone is produced in the body in a natural way. The hormones for boys and girls are different. So the changes are also different. Main two hormones are responsible for the changes of girls. These are estrogen and progesterone.



Fig. 4.02 : Growth of beard and moustache during adolescence of boys



Fig. 4.03 : Conscious about the changes of the body during adolescence of girls

Many changes occur for these hormones. The changes are change in voice, rapid physical growth, enlargement of different parts of the body. The menstruation of girls starts for this hormone and it starts from the age of 10-17 years. Starting menstruation is a symbol of healthy body. In Bangladesh, menstruation stops at the age of 45-55. Menstruation cycle takes place after 28 days or once a month and it lasts 3- 7 days.

Testosterone hormone is responsible for the different changes in the body of a boy in adolescence period. Many physical and mental changes occur in the body for this hormone. Morbid hoarseness in voice, growth of beard and moustache and rapid physical developments occur in this time (Fig : 4.02).

For the boys ejaculation or involuntary loss of semen begins. Sperms begin to generate from the age of 13 to 15. Both boys and girls have mental changes along with the physical changes. They become imaginative and act with emotion. They want to keep themselves smart and tidy (Fig : 4.03). Thus, the teenagers step in adulthood.

Individual Work

Task: Write T for the true and F or for the false statement below:

Statement	√ or ×
The changes happen in adolescence period are due to hormones.	
The cause of changes in adolescence period is eating much food.	
Both estrogen and progesterone hormone work in the girl's body.	
Estrogen hormone is produced in a boy's body .	
The changes in the boy's body during adolescence are due to progesterone hormone.	
Estrogen helps to digest food .	

You have come to know that the age 11-19 years is called the adolescence period. You also know that physical and mental changes happen in this period. Keeping healthy body is related to this subject.

4.1.3 Keeping Proper Physical Health

Beard and moustache grow and ejaculation happens occasionally in sleep to boys in adolescence period. This is also called night pollution. This is not a matter of fear or shyness. This is a normal change in body. Normally sperms start to produce at the age of 13 to 19. Sometimes, semen comes out of the body in sleep. Production of sperms is a natural and continuous process. Bathing is necessary after ejaculation. In this time nutritious food, especially vegetables and water should be taken (Fig : 4.04, Fig : 4.05). If any physical or mental problem happens in this period, it should be consulted with the parents or intimate relatives.



Fig. 4.04 : Eating nutritious food is needed during adolescence of boys



Fig. 4.05 : Eating nutritious food is needed during adolescence of girls

Like boys, changes also take place in the girls. Menstruation is an important change for girls in this period. Normally at the age of 9-13 menstruation starts. It is a normal process for the girls and continues for 3-5 days. This duration can be longer or shorter. Girls should keep clean, take regular bath, eat nutritious food and should drink sufficient water. Girls should take sufficient rest in this

period. As blood is lost during menstruation, they should take lots of fish, meat, vegetables and fruits for recovering the loss. Abdominal pain may occur during menstruation. In that case fomentation with hot water can be comfortable. Headache and lumbago can happen. Seeing all these symptoms girls should not be afraid. If the pain is severe, a doctor should be consulted.

A clean and dry piece of cloth can be used as absorbent. Germ-free cotton or pad is better. If the cloth is needed to be reused, then it should be washed with soap and hot water and then dried in the sun. This cloth should not be kept in a dark or humid place.

4.1.4 Keeping Proper Mental Health

During adolescence many a girl wants to remain alone. Many can behave abnormally. Emotional changes also happen with mental or physical change. The other family members should behave in a friendly and sympathetic manner keeping in their mind that mental changes happen in adolescence. At this stage, both girls and boys should be provided with psychological support and encouragement. It will help them grow as a healthy man or woman and build up a better future.

The boys and girls themselves should be careful to keep their proper mental health. Their first duty is to adjust themselves with mental and physical changes. They have to understand clearly that these changes are very normal. So, their uneasy feelings and fear should be discarded. Secondly, they have to discuss the matter openly with their parents and elders so that they can be free from fear and shyness. In this way, their tendency to stay alone and the feeling of shyness will decrease. Mental cheerfulness can be maintained by reading story books or by playing with the friends.

Necessary mental help and counseling should be provided to the adolescents so that they grow healthily and can build a better future.

Individual Work

Activity Sheet: Prepare a list of the measures to be taken for keeping physical and mental health of girls and boys in adolescence period.

Health Option	Measures to be Taken
Physical health	
Mental health	

4.1.5 Marriage in Adolescence and Pregnancy

Marriage age for girls is 18 years and for boys it is 21 according to Bangladeshi law. But some parents marry off their sons and daughters before this age and do not care about the law. Have you ever thought what problems they have to face for marriage before proper age? They face various complex situations. One of them is early pregnancy.

What is pregnancy?

When a sperm and an ovum unite, a baby is born in the womb. The women face some uneasy symptoms in the early few months of pregnancy. For girls, it is a special physical process and it happens when a child develops in the womb.

These symptoms are-

- Nausea and vomiting (Fig : 4.06)
- Giddiness and headache
- Frequent urination



Fig. 4.06 : Vomiting may take place during pregnancy

Health Risk

To give birth is a normal process. The physical and mental problems for pregnancy in proper age are not many. Physical problems can be removed by consultation with a doctor and a healthy baby is born. A girl does not have the mental maturity and physical development for pregnancy. So, those who become mother in the early age suffer from many mental and physical problems. Many physical problems may occur for the pregnancy before 20 years because physical growth and development is not completed at this stage. On the other hand the girls do not have the proper conception of pregnancy and child birth. Pregnancy at early age causes not only physical and mental problems of the mother but also the life of the baby may be at risk. This is harmful for society and family.



Fig. 4.07 : A girl can't go to school due to pregnancy



Fig. 4.08 : Normal household work becomes difficult due to pregnancy

Health Problem

Pregnancy at immature age causes bleeding in pregnancy, severe pain, hazy vision and miscarriage. Besides this, there is a risk of death for the mother and baby.

In early pregnancy, the foetus does not have sufficient room to grow up in the mother's womb. So, low weight baby is born. This baby has low immunity. This baby cannot grow as a healthy and successful person.

Education Problem

If a school going girl becomes pregnant, she cannot go to school for shyness. She gets mental stress and suffers from anxiety. She also faces problems in normal movement (Fig : 4.08). So, she drops out of school.

Family Problem

Girls cannot do the household work for immature pregnancy. Frequent physical sickness leads to unhappiness in the family. In Indonesia child marrige rate is very high and it has been found that separation takes place among more than half of the early-married couples.

Financial Problem

Doctors have to be consulted regularly for the whole nine months of pregnancy. Besides this, a pregnant woman needs to call in a the doctor frequently in case of any complex physical problem. Much money is needed for doctor and medicine. Extra nutritious food is also needed for the mother and that also costs much money (Fig : 4.09).



Fig. 4.09 : Very often doctor's consultation is necessary which causes financial problem

Miscarriage and Its Complexities

When a foetus grows in its mother's womb, in the first stage, it develops in the uterus. In the developing stage of embryo, if the embryo comes out spontaneously from the uterus, then miscarriage happens. Willful miscarriage is called abortion. Sometimes the girls have unwanted pregnancy. So, they go to untrained midwife for partner's pressure or influenced by others or for frustration. This causes risky abortion. Such an abortion has mental and emotional effects. Everyone should be made aware of these physical and mental problems.

Individual Work

Work: Note down the problems of immature pregnancy and its remedies:

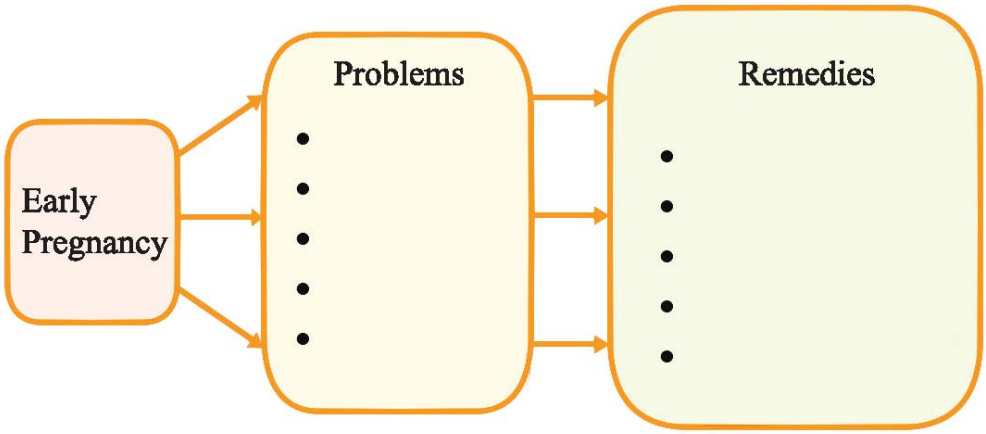


Fig : 4.10

Individual Work

Work: Describe the risks of miscarriage.

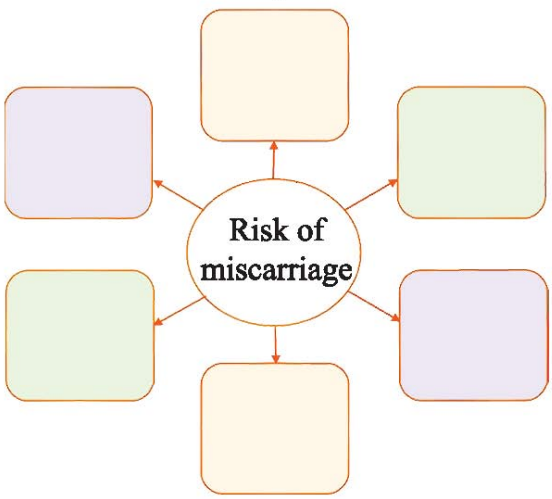


Fig : 4.11

4.1.6 Test Tube Baby

If the ovum and sperm are fertilized outside the body, then this early embryo is placed in the uterus of a woman; thus giving birth to a baby is called test tube baby. Fertilization outside the body is called in-vitro fertilization. Italian scientist Dr. Petrucci, in 1959, made the first ever test tube baby. But he was not very successful. The baby was alive only for 29 days. After 19 years, in 1978, Dr. Patrick Stepto and Dr. Robert Edward made the test tube baby called Louise Joy Brown. A test tube baby is born after in-vitro fertilization.

This is a systematic process. (1) It includes collection of ovum and sperm from a sexually capable couple, (2) fertilizing them in a culture medium to produce early embryo, (3) placing the embryo in the uterus of a woman, (4) taking care of the pregnant woman and finally child birth. Nowadays, this process has started in our country fairly well for the childless couples to get offspring.

4.2 Sex Determination of Child

We know that the nucleus of the cell of any living being has a specific number of chromosomes. There are 23 pairs of chromosomes in a human cell. Among these 23 pairs, a specific pair of chromosome is called sex determiner or sex chromosome. In the case of men, these two chromosomes are different. One is named X and the other is Y. Look at the picture, the X chromosome is long and the Y chromosome is short. In the case of women, both of the sex chromosomes are X. All other chromosomes except sex chromosomes are called autosomes.

Though there are 23 pairs (46) of chromosomes in a human cell, female ovum cell and male sperm cell for reproduction are exception to this. These cells have half the number of total 46 chromosomes. Ovum is created by taking one chromosome from each pair. So, the ovum has 22 autosomes and an X chromosome. As male sex chromosome has both X and Y chromosomes, two types of sperm cells can be created by taking one chromosome from each pair. One will consist of 22 autosomes and an X chromosome and the other will have 22 autosomes and a Y chromosome (Fig : 4.12).

Mother	Father	Child
22 autosomes of ovum+X	22 autosomes of sperm+X	22 pairs of autosomes +XX (daughter)
22 autosomes of ovum+X	22 autosomes of sperm+Y	22 pairs of autosomes +XY (son)

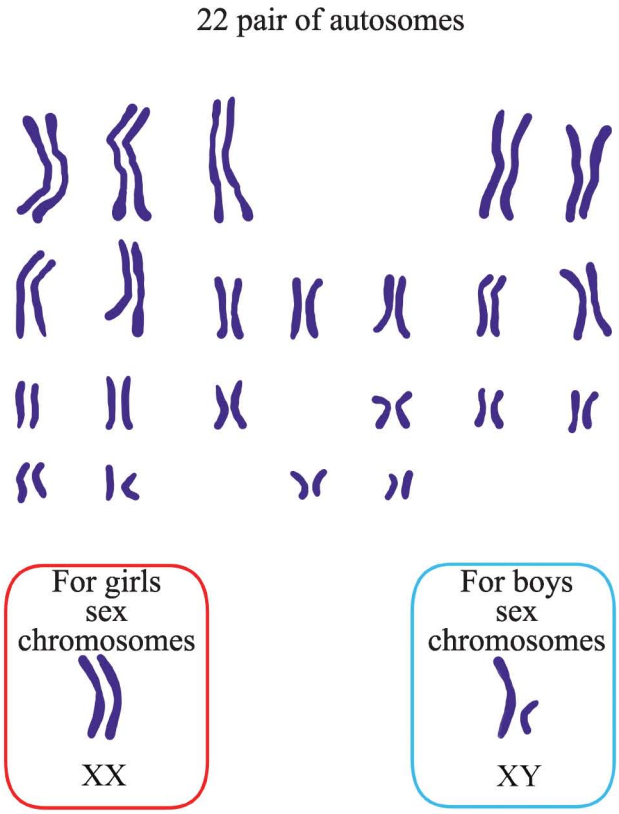


Fig. 4.12 : 23 pair of chromosomes of human beings

Pregnancy takes place when an ovum gets fertilized by a sperm. That means a fertilized human cell contains 23 pairs of chromosome. If it grows up with 22 pairs of autosomes and XX sex chromosome, the child will be a girl. If the fertilized cell contains 22 autosomes and XY sex chromosome, the child will be a boy (Fig : 4.13).

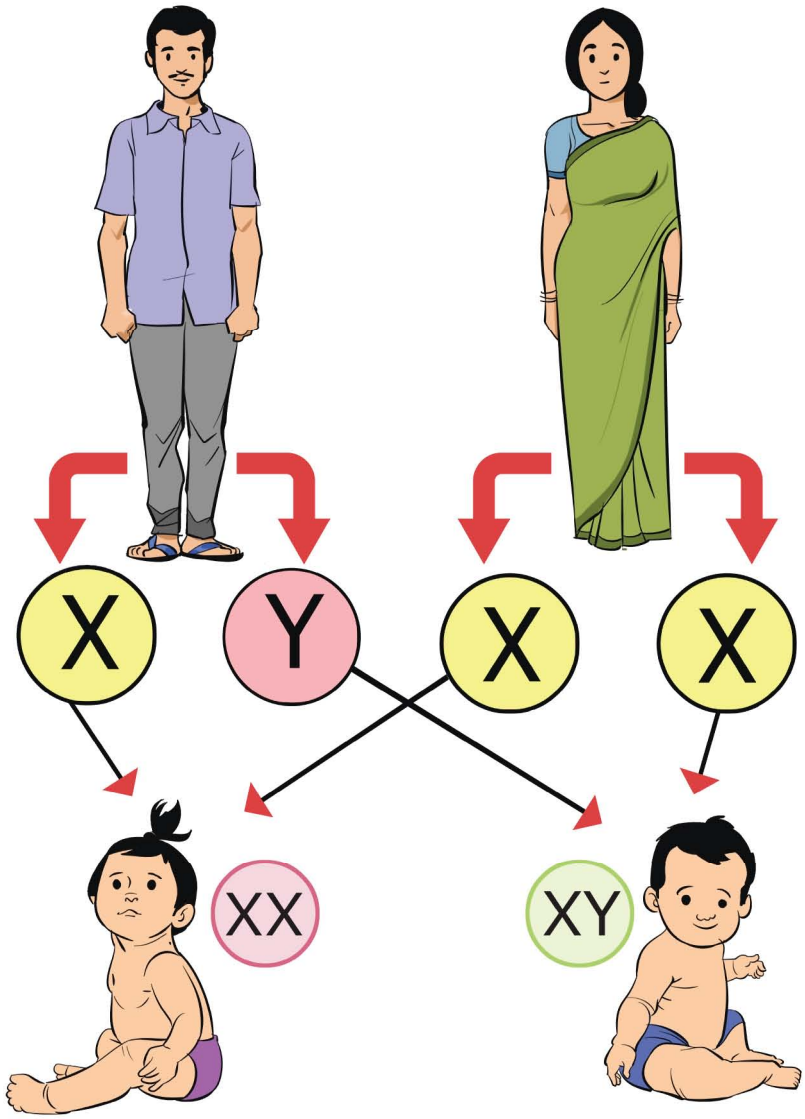


Fig. 4.13 : Determination of boy or girl

A healthy child, either boy or girl, is a huge blessing for parents, but unfortunately, due to illiteracy and bigotry, many people prefer male children. Not only that, the mother is held responsible for giving birth to girl. You must have now understood that the mother is in no way responsible for whether the child will be a boy or a girl. The real cause is whether X chromosome carrying sperm or Y chromosome carrying sperm—from numerous sperms—fertilizes the ovum.

4.3 Origin of Life on Earth

Among the known living beings, more than ten lac animals and about four lac plants have been identified. In ancient times, people thought that there were no changes of earth in shape and area. According to their opinion there are no differences between the living beings of ancient time and those of the present time. But in the 5th Century BC, a scientist named Xenophanes discovered some fossils. He proved that there are differences between the ancient and present living beings. That is, the structure of living beings is not constant.

In 4th Century BC Greek philosopher Aristotle proved that the living beings of one class are higher than other classes. They have come to the present stage after a long process of changes through evolution. Evolution is a slow and continuous process. Structurally complex lives are evolved from simple life. According to many scientists, the earth was a burning gaseous substance. This gaseous substance continuously lost its heat and condensed to a liquid substance. Then, this substance became solid from the outside to inside and its byproduct water vapour turned into cloud. That cloud turned into rain. That rain produced the water of outer portion of the earth. This water of outer portion of the earth is called the ocean. The present living beings are created from the living beings of that ocean through continuous changes.

After deep thinking and experiments the modem men have developed the idea that, evolution is the root of creation. The word 'evolution' came from the word 'evolveri'. An English philosopher and educationist Herbert Spencer at first used the word 'evolution'. Evolution is a slow and continuous process by which a simple living being changes into a complex and higher living being. When a living being is transformed into a new species, the process is called the biological evolution.

4.3.1 How, When and Where Life Originated

There are many theories about the origin of life. But all of them have the same opinion about the origin of life from sea water. The logic about this theory is:

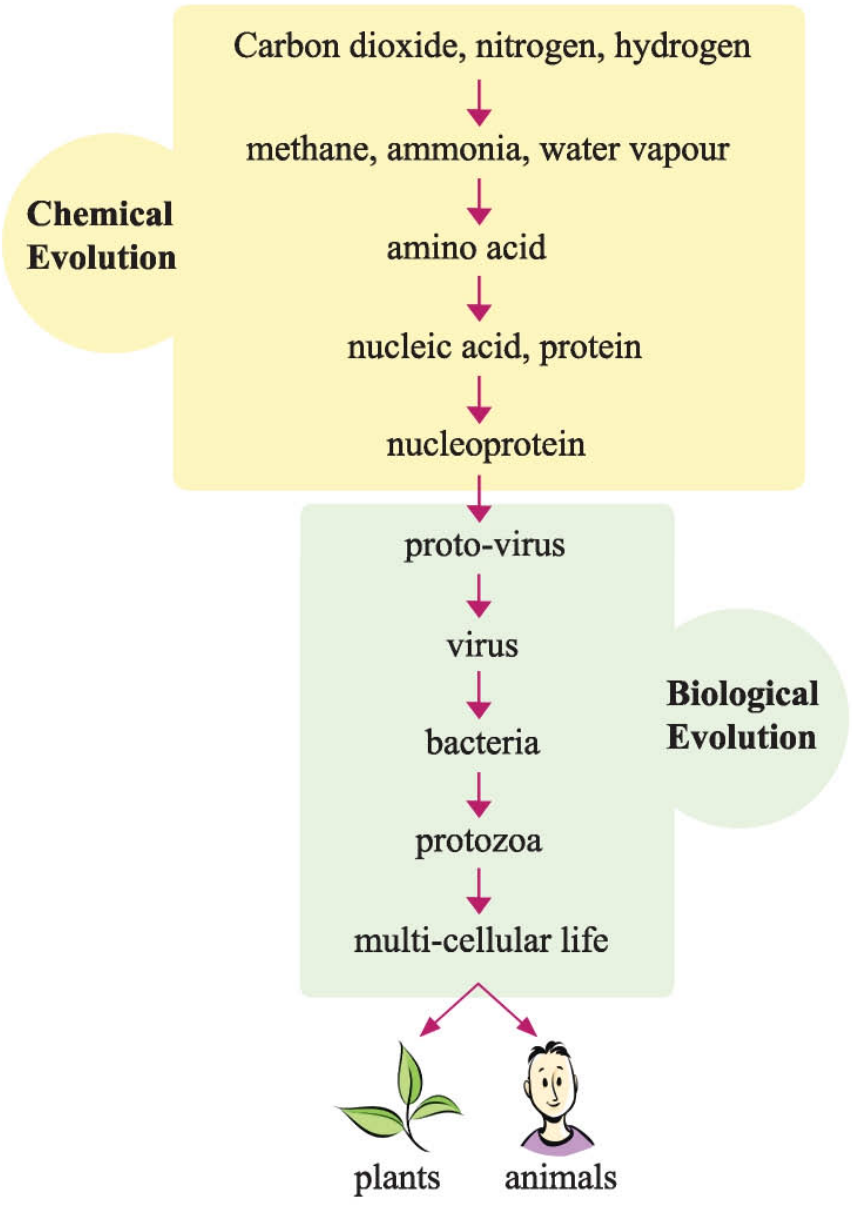


Fig. 4.14 : Chemical and biologycal evolution steps

the presence of different salt in cell, blood and other fluid of the body which have similarities with minerals of sea water. Secondly, sea water has many unicellular simple organisms. About how life was originated on this earth, the scientists have estimated that near about 260 crore years ago, the atmosphere had lots of methane, ammonia, hydrogen sulphide, water vapour, nitrogen and carbon dioxide gas, but no oxygen. Continuous volcanic eruption happened. It increased the temperature of the atmosphere. As a result of thunderbolt and ultraviolet ray, this chemical produced amino acid and nucleic acid. Then this amino acid and nucleic acid collectively produced nucleoprotein. This nucleoprotein then got the capability to replicate and initiate living organisms. The events of origin of earth and origin of life are called the chemical evolution or evolution.

It is thought that nucleoprotein is produced by nucleic acid and protein. Pro-to-virus was formed from this nucleoprotein and then virus evolved. Virus is an ntermediate stage of living and non-living stage.

Nucleoprotein → Proto-virus → Virus

Probably bacteria were created after that and then evolved protozoa. Bacterial nucleus is proto type. So, it is called the proto-cell. Then these protozoa formed a structured nucleus. Some unicellular life began to produce chlorophyll; so, food synthesis started with production of oxygen as by-product. Then, photosynthetic life began to increase. After that, multi-cellular organisms evolved from unicellular organisms. Thus, evolution of plants and animals began in two lines.

1. Evidences for Evolution

Two concepts are tried to establish in evolution; one is the evidences that evolution really occurred; the other is the process of evolution or how evolution happens in life. There are many evidences that the evolution is happening for millions of years in life. These are described below:

Morphological Evidences: The external structure of living beings is called morphology. Their similarities and dissimilarities are called comparative anato-my.

Homologous organs, analogous organs, vestigial organs, and comparative anatomy are described here.

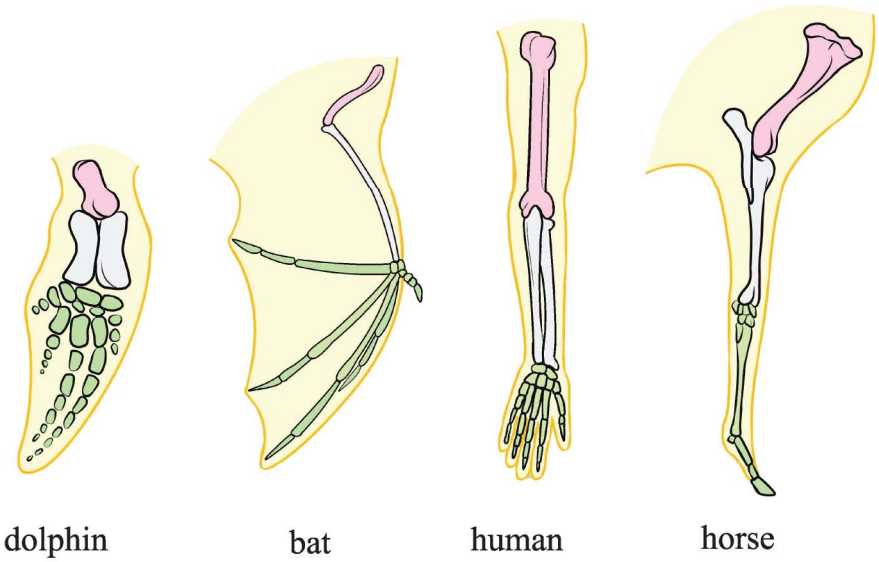


Fig. 4.15 : Homologous organs

(a) Homologous Organs: Bird's wings, bat's wings, whale flipper, seal's front legs, human hands are homologous organs. They are different in appearance but similar in internal structure. Their basic nature of bone system is similar (Fig : 4.15). That is, their humerus radio-ulna, carpal, metacarpal, and phalanges are arranged from top to bottom. The external structure becomes different due to the adaptation to different environments. Front legs of birds and bats are for flying. Whale flipper is for swimming, front legs of a horse is for running, human hand is for holding. Thus, it is understood that the origin of homologous organs are the same. That is, these animals are originally same, but they are changed for adaptation to different environments. The evolutionists think that all the animals with homologous organs have the same origin; that is, they have originated from the same ancestor. This theory supports the biological evolution.

(b) Analogous Organs: The body parts which have same function but their origin, development and structure are different are called analogous organs. The

wings of insects, bats, and titmouse are analogous organs. Their origin and structure are different but they have got the same function for adapting in the same environment. These analogous organs also support the theory of evolution.

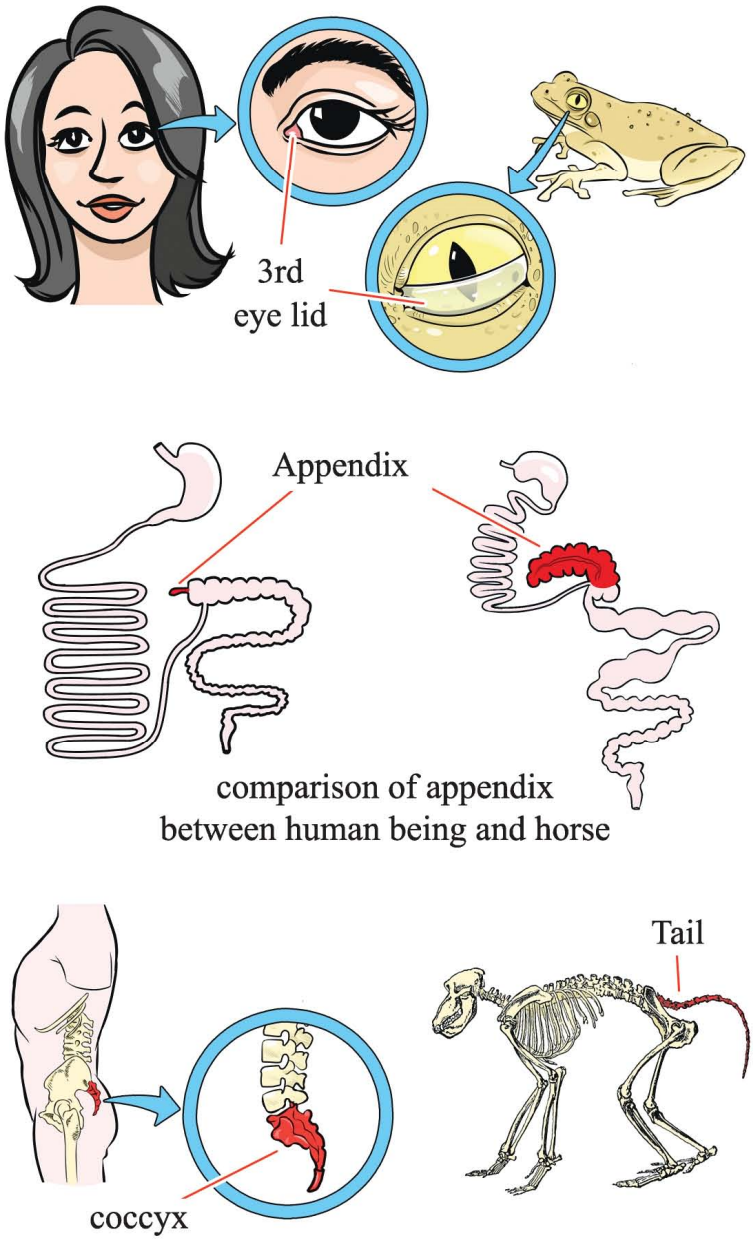


Fig. 4.16 : Vestigial organ

(c) Vestigial Organs: There are some body parts which are functional in some animals and non-functional in other animals, these are called the vestigial organs. There are many vestigial organs in animals. Human caecum and the appendix attached to it are non¬functional but in guinea pigs they are functional. Human body has no tail but at the end of the spinal cord, a vestigial bone called coccyx is present. Coccyx bone was well-formed in human ancestors. The structure of external ears in cows, horse, goat, elephant and humans are similar. So, we can conclude that animals having vestigial organs have originated from the ancestors in which that part was functional (Fig : 4.16).

2. Comparative Anatomy

The similarities and dissimilarities of the anatomy of different animals are called the comparative anatomy. Comparative study of some organs of vertebrates shows that there are similarities in their basic structure. This information supports the biological evolution. For example, the heart of vertebrates can be mentioned. The fish has two chambered heart, the amphibians have three chambered heart. The reptile has two auricles and two partially divided ventricles. The birds and mammals have four chambered hearts. The basic structure of heart of the vertebrates mentioned above has gradually become complex. That is, these complex lives originated from a common ancestor through the process of evolution.

3. Evidence About Connecting Animals

There are some living beings which have the characteristics of two groups of living beings. These are called the connecting living beings. For example,



Fig. 4.17 : Platypus

platypus (Fig : 4.17) can be mentioned. They have the characteristics of both reptiles and mammals. Platypus lays egg like reptiles. On the other hand, they have body hair; lactating gland and their broods suck the mother's breast. Most of the connecting animals became extinct because they could not effectively adapt to this world.

There are some plants which have the characteristics of two groups of plants. The gymnosperm Gnetum has the qualities of both angiosperm and gymnosperm.

According to biological evolution, if a group of life originates from the other group of life there must be a connecting animal between the two groups. So the presence of the connecting animal supports biological evolution. It means if mammals originate from reptiles, in between there should be such organism which is connecting reptiles and mammals. Therefore, the existence of these connecting animals in nature supports biological evolution.

4. Embryological Evidences

The young animal in the egg or in the ovary (in case of mammals) or the young plant in the seed is called the embryo. The origin and development of different embryo supports the theory of biological evolution.

There are many similarities in the embryo of fish, amphibians, reptiles, birds and mammals. In the early stage of embryo it is impossible to differentiate. Every embryo has a gill and a tail.

After observing the similarities of embryo scientists have come to a decision that "Every life makes a repetition of the evolutionary history of its ancestors at least for a short time" Haeckel termed this natural process as 'Ontogeny repeats phylogeny'. That is, the development of embryo of any organism shows the history of its ancestors. This is a direct evidence of evolution.

5. Fossil Evidence

The branch of science which discusses the exploration of extinct organisms is called the paleontology. In this branch different types of fossils are examined to know of various extinct animals. Fossil related evidences are the strongest

among the evidence of evolution. Fossils are the impression of fossilized whole body or its part remained for a long time in the stone layer bowels of earth. These are stored in different layers of rock. Fossil proves undoubtedly that one living being originated from the other living beings through systematic evolution. Before the discovery of fossils, there were some gaps in the history of evolution for the lack of proper evidence. It was predicted that there were some animals in between the two generations which was not found. This undiscovered living organism is called the missing link. After the discovery of fossils that missing link was found. So, the problem of chronological history of evolution has been solved. Fossils are considered to be the live evidence of the past or ancient times.



Fig. 4.18 : Archaeopteryx

For instance, after the experiment of extinct archaeopteryx (Fig : 4.18) it is seen that they had teeth and legs like reptile, two wings with feather like a bird, a long tail, a bunch of hair at the end of the tail. This proves that birds originated from the reptiles.

In case of flora, there is a plant called pteridosperm which has the characteristics of both fem and gymnosperm. So, it is thought that gymnosperms originated from fern.

6. Living Fossils

There are some living organisms which have originated in ancient times and still exist without change, but the contemporary living organisms of the same classes have been extinct. This is called living fossil. The arthropod Limulus (Fig : 4.19), reptile Sphenodon, mammal platypus are the examples of living animal fossils. Equisetum, Gonium, Zinco, biloba are the examples of living plant fossils.



Fig. 4.19 : Limulus-a living fossil

Limulus originated 400 million years ago. The other arthropod of that time has been extinct. But they are still alive. So they are called the living fossils.

4.4 Theories of Evolution

A new species or one species from another originates through evolution. Different theories of evolution of different scientists are described below:



Fig. 4.20 : Scientist Lamarck

4.4.1 Lamarck's Theory

Lamarck (Fig : 4.20) coined the word 'Biology'. At first he established the analytical theory of evolution. He mentioned this subject in his book Philosoplic Zoologique in 1809. Lamarck's theory is called Lamarckism. Lamarckism is based on some hypotheses. These are described below:

1. Theory of Use and Disuse

According to Lamarck, new organ can develop or become extinct according to its need. According to him if an organ is continuously used that organ becomes stronger and healthy according to environmental needs. On the other hand, if the organ has no need for the environment, that organ is not used and becomes inactive for remaining unused continuously and finally becomes extinct. According to Lamarck, use and disuse of organ initiate the changes in living beings. These are the characteristics acquired generation after generation.

2. Environmental Effect

Living beings always try to adapt with changing environment. This is their inborn characteristic. The living beings get many changes to adapt with the naturally changing environment. According to Lamarck the nature and physical structure of living beings change with the change of environment. This is also an acquired character of living beings.

3. Transmission of Acquired Character and Origin of New Species

According to Lamarck, the characteristics which are earned by the living beings in their life are transferred from one generation to other. That is, acquired characteristics are inherited. According to Lamarck's theory, for the inheritance of acquired character in every generation, some new characters are formed and gradually one species develops from another species.

Lamarck established his theory after some observation. Some examples can explain his theory.

- For continuous swimming on water the aquatic birds get thin skin in between their legs finger and that legs turned into webfoot.
- The ancestors of snake had four legs like salamanders. As they lived in the cave of mountains, their legs remained unused and finally those legs became completely lost.
- According to Lamarck, giraffe has a long neck for collection of leafs from tall trees. Inheritance of acquired character helped evolve such long neck in giraffe.

The modem scientists cannot believe the biological theory of Lamarck. They do not believe that the species have changed with the passage of time. After expansion of genetics, the geneticists experimented about the inheritance of acquired characters. But in reality the geneticist did not find any evidence of inheritance of acquired characters. It means the geneticists have found no evidence in favour of the idea that acquired characteristics are transferred from one generation to another. It can be simply said that if a man makes his hand stronger by taking exercise or by using it continuously, it is not necessarily true that his offspring will be born with strong hands.

4.4.2 Darwin's Theory or Darwinism

After 50 years of the theory given by Lamarck, a British natural scientist Charles Darwin made a revolution in the thinking of biologists. Charles Darwin (1809-1882) (Fig : 4.21) was born in Shrusberi in England. He visited the Galapagos Island in the Pacific Ocean. The surprising characteristics of plant and animal attracted him. He collected information and returned to England in1837. After 20 years of his return to England in 1859, he established his theory and explained it in his book, "Origin of Species by Means of Natural Selection."

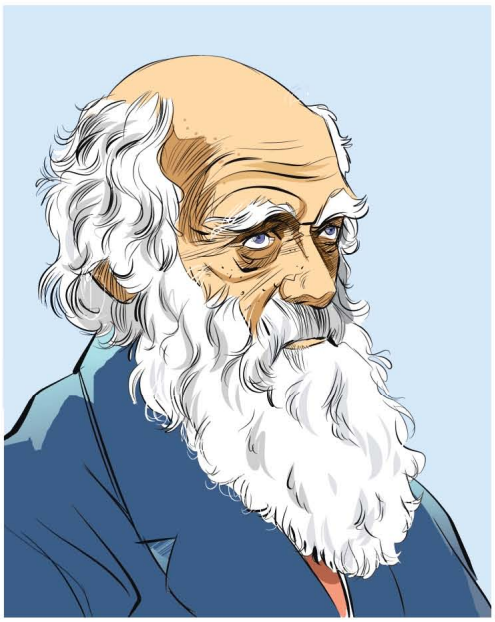


Fig. 4.21 : Scientist Charles Darwin

According to Darwin, the universal truths taking place in nature are-

1. High rate of Population Growth

According to Darwin growing population in high rate is the natural characteristics of living beings. Population grows in geometric rate. For example: A mastered plant grows 730000 seeds per year. A female salmon lays three crore eggs in breeding season. If all the elephants in every generation

survive, a pair of elephants will produce one crore 19 lac elephants in 750 years.

2. Limited Food and Shelter

As the earth surface is limited, the shelter and food for living beings are also limited.

3. Struggle for Existence

The living beings multiply in geometric rate. As the food and shelter is limited, so they have to face a hard competition. Darwin calls this struggle for existence. Darwin noticed that living beings have to struggle in three stages e.g.-

(a) Inter-specific Struggle: For example, frogs eat insects, snakes eat frogs, and peacock eats both snake and frogs. So there is a relation of food and consumers among the species and they have a cruel struggle for life.

(b) Intra-specific Struggle: The food and shelter of the same species are similar. When their numbers increase there is a competition among them. For example, if the number of herbivores increases in an island they start struggling among themselves as their food and shelter is limited. Thus, the strong animals take food by preventing the weak ones. Then the weak animals die without food within a few days.

(c) Struggle with Environment: Flood, drought, cyclone, sand wind, earthquake, volcanic eruption and other unfavorable natural conditions disrupt the natural living system of animals. So, the living beings have a continuous struggle with nature. For example, the cuckoo a bird of north and Central America was extinct due to cold and snowfall.

4. Variation or Change in Body

According to Charles Darwin, in this earth two living beings are not the same, there are some differences among them. The differences among the two living beings are called variation. The favorable variation helps living beings in the struggle for existence.

5. Survival of the Fittest

According to Darwin, only the variation which is suitable for struggling and adaptive to the environment will survive. The rest will become extinct gradually. The bear, tiger or plants of the polar region will not survive in the tropical region.

6. Natural Selection

This topic is most important in Darwinism. The natural process, in which the favorable variety or adaptive variety gets more facilities, is called the natural selection. If the favorable variety which is selected by nature survives for more time, its population grows rapidly. On the other hand unfavorable variety cannot adapt with the nature and gradually becomes extinct (Fig : 4.22).

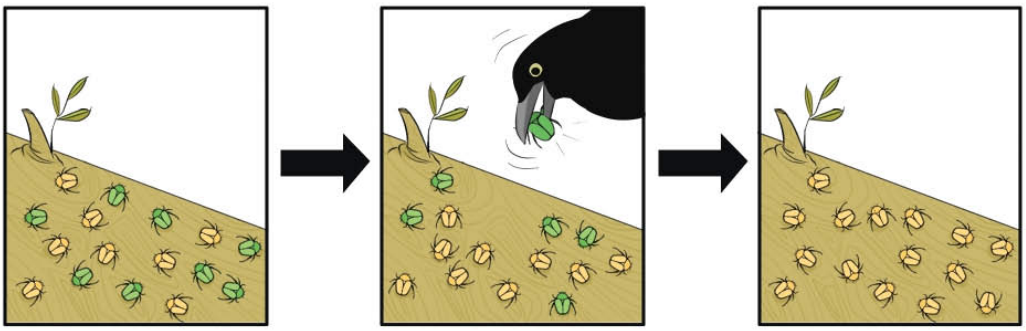


Fig. 4.22 : Favorable variety which is selected by nature survives for more time, its population grows rapidly.

According to Darwinism, the living beings which can adapt with the nature that will be the fittest, that fittest living beings will win in the competition to survive and multiply and become dominant.

7. Origin of New Species

The plants and animals which have the favorable variation, nature selects them and rears them. Favorable varieties of plants and animals can adjust with the environment and can multiply more compared with unfavorable varieties. Favorable variation is inherited to their progeny. Nature selects the generation that have more favorable variations. Thus, the new species of animals and plants are created by natural selection for a long time. According to Mendelism and Darwinism, geneticists, cytologists, and taxonomists now think about the origin of new species that species can originate slowly by- (1) Isolation from the ancestral species (2) Hybridization and (3) Polyploidy of chromosomes during cell division. So, the new-living beings will be adapted and origin of new species will occur by natural selection. Darwin is called the father of evolution but his theory of evolution is not absolutely correct. He could not explain some aspects

of his theory and many scientists do not regard his explanations scientific. Once a survey was done involving all the scientists of the world, the subject matter of the survey was which scientific theory was best of all in the world. Scientists gave their verdict that Darwin's theory of evolution is the best of all scientific theory.

Exercise

Multiple Choice Questions

1. In which water did life first originate?

a. River water b. Fountain water
c. Sea water d. Pond water

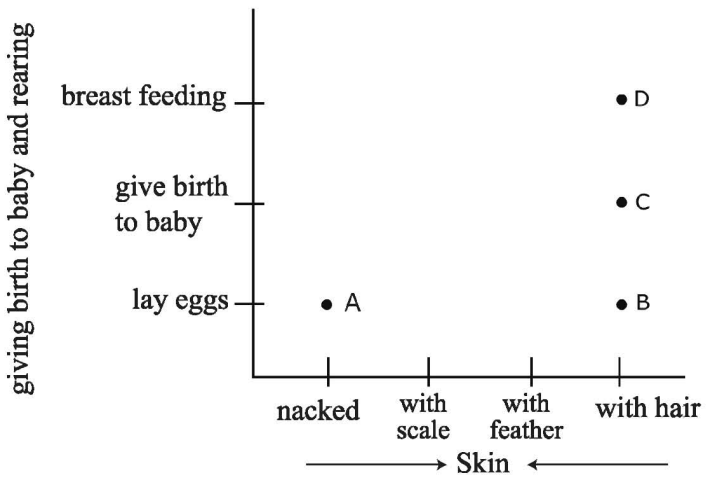
2. Before the creation of proto-virus the atmosphere had the gas

i. Oxygen
ii. Hydrogen
iii. Nitrogen

Which one is correct?

a. i and ii b. i and iii
c. ii and iii d. i, ii and iii

Answer the question 3 and 4 from the graph bellow:



3. Which animal will occur in the position A of the graph?

a. Fish b. Toad
c. Snake d. Tortoise

4. What is the position of platypus?

a. A and B b. B and C
c. B and D d. C and D



Creative Questions

1. Mrs. Santa is not capable of carrying child in her womb and she sees a specialist doctor. To solve this problem, the doctor helped her to ovulate an ovum in a special method. On the other hand Mrs. Santa's cousin Mita has got five daughters for expecting a son.

a. What is nucleoprotein?
b. What is living fossil?
c. Explain what special method was followed by the doctor for Mrs. Santa.
d. Give a scientific explanation of giving birth to five daughters by Mita.

2. Jaman could not understand the theory of evolution and goes to his father. His father explained him the evidence of homologous organ. Then Jaman wanted to understand the theory of evolution from his father. His father explained both Lamarckism and Darwinism.

a. What is sex chromosome?
b. What is evolution?
c. How did the father explain the evidence of evolution?
d. Which of the two theories explained by the father is more acceptable? Give your opinion with comparative study.

Chapter Five

Light for Sight



The necessity of light is unlimited in our daily life. If we close our eyes we cannot see anything. Again, in a complete dark place, we cannot see anything in spite of opening our eyes. Light is that cause, with the help of which we can see. You have been acquainted with different phenomena of light at junior secondary level. In this chapter, other than the uses of mirrors, you will know more about the refraction of light. Moreover, you will know about the functions of eyes, the least distance of distinct vision, power of lens, defect of vision and uses of lens and the way of keeping eyes normal.



At the end of this chapter we shall be able to-

- explain the uses of mirrors.
- explain the refraction of light.
- explain the function of eyes in the activities of vision.
- explain the least distance of distinct vision.
- explain the power of lens.
- explain the causes of defects of vision.
- describe the way of rectifying by using lenses for the defects of eyes.
- explain the way of keeping eyes normal.
- investigate the causes of creating defects in eyes.
- take care of eyes and make others conscious.

5.1 Uses of Mirrors

There are manifold uses of mirrors in our day to day life. In this lesson, we will discuss two special uses of mirrors. These two are safe driving and the other use of mirror is in the dangerous invisible turning of hilly roads.

Safe Driving

One of the conditions of safe driving is to keep all the time on what is happening on all sides of the driver's car. Usually two (side view) mirrors are used facing on the two sides of both the front doors of the car (Fig : 5.01). Besides, on the middle of the inside front of the car there remains one (rear view) mirror. These mirrors help to see the view of both sides and back side of the car. So, the driver does not require twisting or moving his body in any way.



Fig. 5.01 : Unsafe driving

As a result of this, to show any reaction for any occurrence it is easier for the driver to keep his eyes on the front and back side of the car keeping his hand on the steering wheel all the times. Before starting the car, both the mirrors (Fig : 5.02) are to be adjusted in proper places, so that the driver can see clearly both sides and back side of the car sitting on the driving seat.

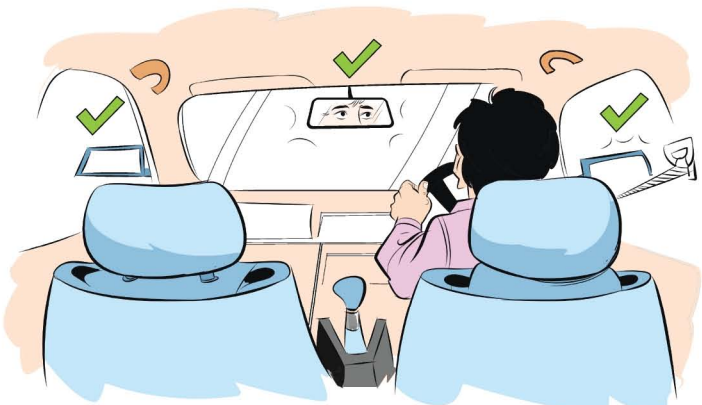


Fig. 5.02 : Three mirrors of a car

It is to be noted that mirrors should be cleaned properly so that there remains no dirt or dust and sand particles. Otherwise the position of the image of another car may be changed. For any reason if it requires to take the car back then at first you are to throw your eyes on the three mirrors and keep the eyes on three mirrors all the time till the car is not stopped. Moreover, before changing the lane of the car you should be attentive to the three mirrors so that you can understand the positions of the cars behind and both sides of you.

The Invisible Turn of Hilly Roads

The hilly roads are usually zigzag. There is often such an invisible turn that the next road is situated at 90° angle. For these reasons it is dangerous to drive in hilly roads. Considering these problems there are big size spherical mirrors on the stands kept standing at different turning of hilly roads (Fig : 5.03). As a result, coming nearer to it by looking at the mirror it is seen whether any car is coming from the other side of the turning and accordingly the driver can cautiously control the speed of the car to drive safely.

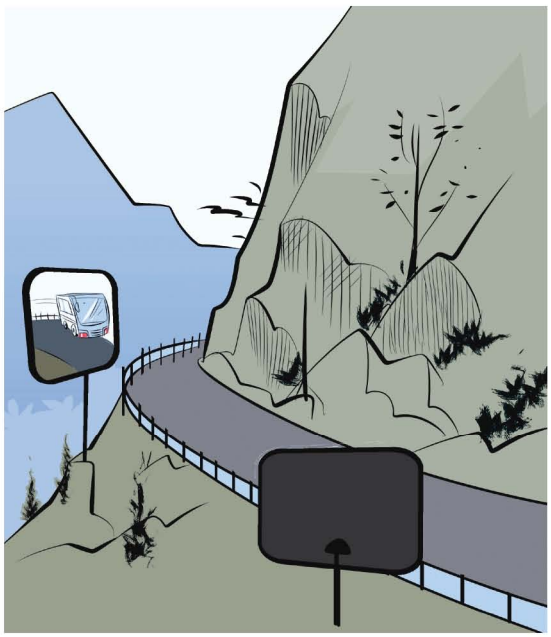


Fig. 5.03 : Invisible turn of hilly roads

Individual Work

Task : Examine three mirrors of a car. You will see that these are not your familier plain mirrors. Its back side is curved or these are convex mirrors. For this everything looks small in these mirrors and they can cover a larger area.

5.2 Refraction of Light

You have seen the refraction of light and its real application in class eight. We know that in a transparent homogeneous medium light always travels in a straight line. When a ray of light is incident not perpendicularly but obliquely from one transparent medium to another transparent medium the direction of the ray changes at the surface of separation of the two media. The phenomenon of this change in direction of a ray is called the refraction of light. Observe the figure 5.04. Here upper part is indicated air and lower part water.

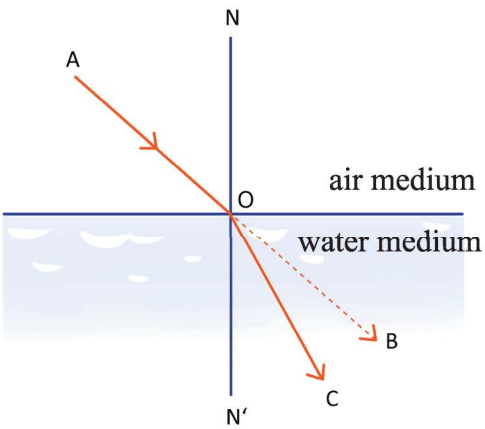


Fig. 5.04 : Refraction of light

A ray of light starts from the point A and incidents on the point O, then AO is the incident ray and O is the point of incidence. Perpendicular NN′ is drawn through the point O. The first medium is air and the second medium is water. Water is optically denser than air, and so, the ray of light AO is refracted towards ON′ and passes along the line OC instead of going along OB. Here, OC is the refracted ray.

∠AON is the angle of incidence and ∠CON′ is the angle of refraction. It is mentionable that if the ray did not incident along AO but along the line NO, then it would be refracted straight way along the line ON′.

Individual Work

Keeping a coin in a cup, escape your head in such a way that the coin is seen no more. Now, pour water in the cup, after some time you will see the coin. In the empty cup, light did not reach straight your eyes but in water, light reached your eyes in a curved way.

Laws of Refraction

At the time of refraction, the nature of traveling light ray may be expressed by two laws.

1. The incident ray, the perpendicular drawn on the point of incidence on the surface of separation and the refracted ray line in the same plane.
2. For a definite pair of media and for a particular colour of light, the ratio between the sine ($\sin\theta$) of the angle of incidence and the sine ($\sin\theta'$) of the angle of refraction always remain constant. That is $\sin\theta/(\sin\theta') = n$

In the second law, the constant number mentioned as 'n' is the refractive index of the second medium relative to the first medium for a particular colour of light. Taking the magnitude of the first medium as '0' if the refractive index of the second medium is measured it is called the refractive index of a particular substance. The refractive index of water is 1.33. The refractive index of air is so close to 1 that it is taken as 1. However, keep in mind that with the change of colour of light, the magnitude of refractive angle varies a little.

5.3 Lens

The transparent refracting medium surrounded by two spherical surfaces is known as lens. Most of the lenses are made by glass. But lenses are also made by quartz and plastic and the uses of these are increasing day by day.

Mainly lenses are of two types, namely, a) Convex or converging lens, and b) Concave or diverging lens.

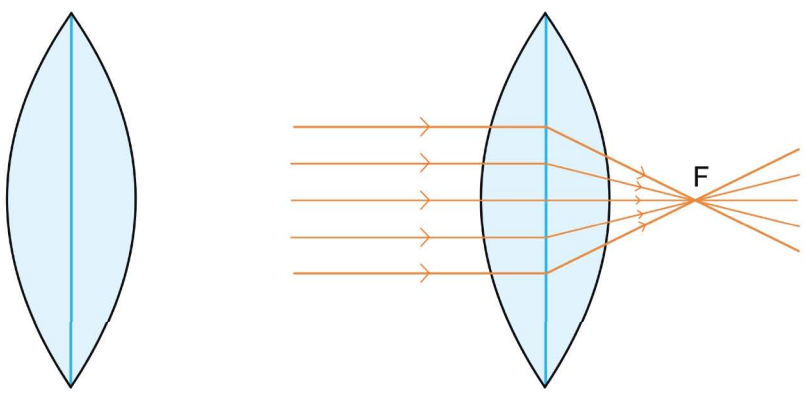


Fig. 5.05 : Convex lens and its focus point

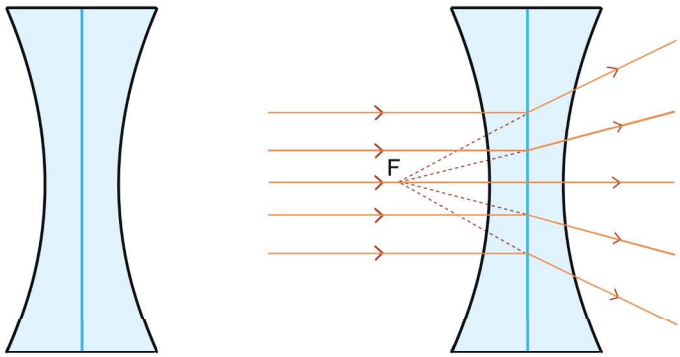


Fig. 5.06 : Concave lens and its focus point

In figure 5.05 is the convex lens. It is also called as thick-middle lens. Because its middle part is thick and both the edges are thin. The ray of light is incident on the convex surface of the convex lens. This lens generally converges a parallel beam of light at a point (Fig : 5.05). On the other hand, the middle part of a concave lens is thin and both the edges are thick (Fig : 5.06). The ray of light is incident on the concave surface of this lens. This lens diverges a parallel beam of light to infinity. So, if the diverging rays are extended backward, they meet at a point and it seems that diverging rays are coming from that point.

Generally the centre of the sphere of which the spherical surface of the lens is a part is called the centre of curvature of the lens and there are two centers of curvature of a lens for two surfaces. The straight line going through both the centre of curvature of the lens is the principal axis of the lens. The incident parallel beam of light parallel and nearer to the principal axis of the lens after refraction converges at a point (convex lens) or appears to diverge from a point (concave lens) of the principal axis of the lens, that point is called the principal focus of the lens. In figure-5.05 and 5.06, the point F is the principal focus. The distance from the optical centre to the principal focus is the focal length of the lens.

5.3.1 Power of Lens

We know that the incident rays parallel to the principal axis of the lens converge at a point on the principal axis after refraction by a convex lens. On the other hand the incident rays to the principal axis of the lens diverge after refraction by

a concave lens and it appears to diverge from a point of the principal axis. This capacity of converging and diverging of light rays by a lens is the power of the lens. Actually the tendency of converting a parallel beam of light into converging (convex lens) or diverging (concave lens) beam of light by a lens is the power of the lens. If 1 is divided by focal distance (converting into meter), power of a lens can be determined. That means if the focal distance of a convex lens is 2 meter, its power is ½ = 0.5. The conventional unit of power of a lens is diopter. Its S.I unit is radian/meter. The power of a lens may be positive (convex lens) or negative (concave lens). The power of any lens + ID means it is a convex lens and it will converge a parallel beam oflight at a distance I meter on the principal axis from the optical centre of the lens.

Similarly the power of lens is -2D means the lens is a concave lens and it diverges a beam of light parallel to its principal axis in such a way that it appears (seems) that the rays are diverging from a point 50 cm away from the optical centre of the lens on the principal axis.

5.4 Functions of Eye

5.4.1 How We See

You have known about construction of eyes in class eight. In this current lesson, we shall discuss how we can see through functions of eyes (Fig : 5.07).

The components of the eyes are retina, eye lens, aqueous humour, vitreous humour and cornea. So, you have certainly understood that the eye lens acts as a converging lens. We have seen that convex or converging lens always creates inverted image. In this way, image is created to take snap by camera. Whenever any object remains in front of us, the reflected rays of light coming from that object is refracted by the lens of our eyes and creates inverted image of the object on the retina. When light falls on the retina, the small rod cells connected with the nerves and cone cells, receiving that light, converts them into electrical impulses. That nerve instantly transmits the electrical impulse to the brain through the optical nerve. It is mentionable here that the cone cells respond to intense light and help understand colour perception and colour distinction. On

the other hand, rod cells are sensitive even to insufficient light. That is why, we see in the insufficient light of moonshine but cannot realize colour distinction. The inverted image created on retina is again inverted by the brain. As a result, we see the object straight as it was initially.

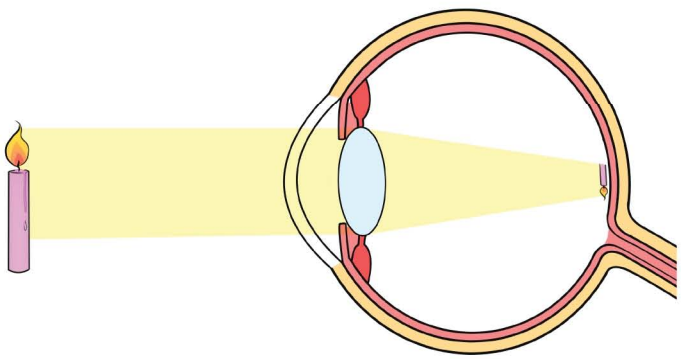


Fig. 5.07 : How we see

5.4.2 Least Distance of Distinct Vision

The accommodation capacity of a normal eye is not infinite. Man always tries to see an object distinctly by increasing or decreasing the focal length of eye lens. But if the position of an object, near the eye, is less than the least distance of distinct vision, the eye cannot see it distinctly. The minimum possible distance from an eye, at which point an object is seen distinctly, is known as the near point of distinct vision and the distance of near point from the eye is known as the least distance of distinct vision. This distance varies with the age of a man. This distance may be about 5 centimeter for a child and the least distance of distinct vision of an adult person may be up to 25 centimeter. The distance point exists at an infinite distance from the eye. That is why; we can see even far away stars with the naked eye.

5.4.3 Defects of Eye and Its Remedy

Do you have any idea regarding the problems of eye? In this lesson, we shall discuss different defects of eye and their remedy.

We know that a healthy and normal eye can distinctly see any object which remains between the near point and the far point of infinite distance from the eye. This is the normal range of vision of eye. If this normal range of vision of

eye is obstructed, it is called the defect of vision. Though there are several defects of eye, we shall discuss two main defects. These two defects are:

(a) Myopia or short sight

(b) Hypermetropia or long sight

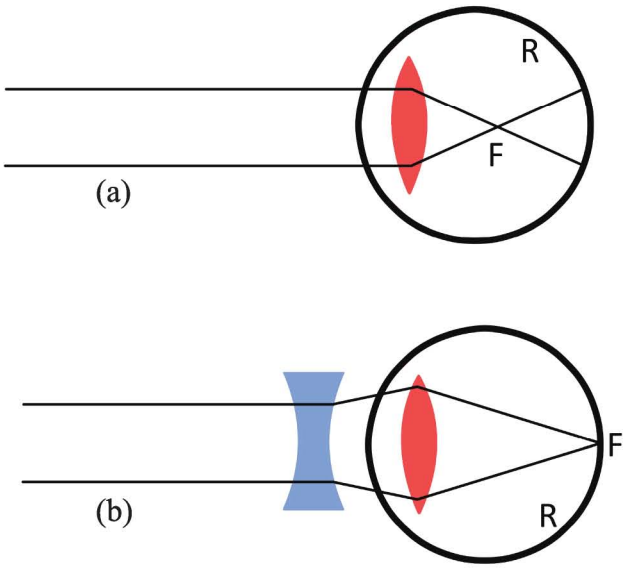


Fig. 5.08 : Short sight and its remedy

Myopia or Short Sight

When an eye can see the object near it but cannot see the object at a far distance from it, it is called short sight. The far point of such an eye stays a bit closer which is less than infinity and the eye can see the object more distinctly when it comes nearer than the least distance of distinct vision.

Two causes for which this defect arises are mentioned below:

1. If the converging power of the eye lens increases or the focal length of the eye lens decreases.
2. If the radius of eye-ball increases for any reason.

As a result, the reflected rays of light coming from an object at a far distance falls on the eye and after refraction by the eye lens forms an image (F) in front of the retina (Fig : 5.08). So, eye cannot see the object.

Remedy

To rectify this defect, the person with defective eye is to use a pair of spectacles of concave lens so that the focal length of the lens becomes equal to the far point of the short sighted person. This diverging action of the concave lens is inverse to the converging action of the convex lens. As a result, the focal length will increase and the image will be seen at extended backward. That means the reflected parallel rays of light coming from infinity, before falling on the eye, will be diverged as per requirement of he concave lens (F). These diverged rays, after refracting through the eye lens, create a distinct image on the retina (R).

Hypermetropia or Long Sight

When an eye can see the object at a long distance but cannot object near it, this is called long sight. Generally, this defect is seen among the elderly persons. This defect arises from two reasons mentioned below:

1. If the converging power of the eye lens decreases or the focal length of the eye lens increases.
2. If the radius of the eye ball decreases for any reason.

As a result, the light coming from far distance can create image on the retina properly. But the reflected rays of light, coming from the normal near point, falls on the eye and, after refraction by the eye lens, converges at the point F behind the retina (Fig : 5.09). So, the eye cannot distinctly see the object near it.

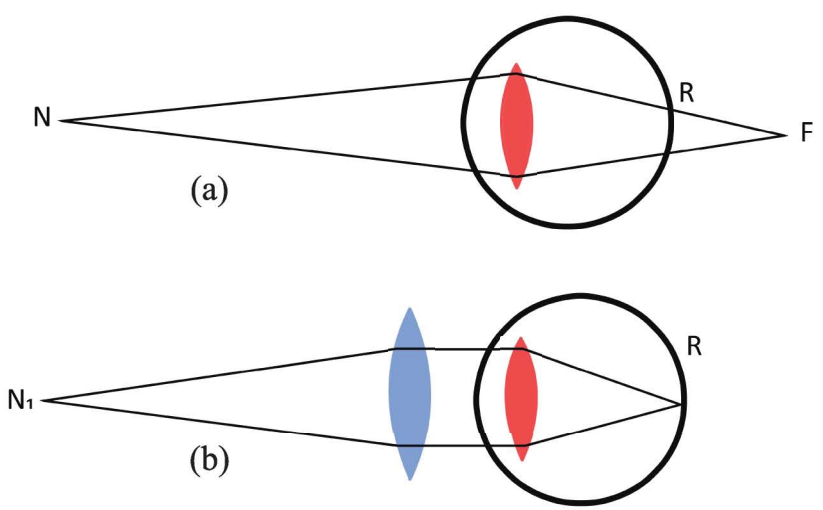


Fig. 5.09 : Long sight and its remedy

Remedy

To rectify this defect, one is to use spectacles of convex lens. For this, the reflected rays of light coming from the near point of eye (figure 5.09) falls twice on the lens, and so, the focal length will decrease and the image, converging as per requirement, will fall on the retina (R).

5.4.4 The Way of Keeping Eyes Normal

Our eyes are very important organs. It is necessary to take proper care of these so that these are kept normal and functional. There are many ways to keep the eyes normal. Some important instructions may be given in this regard.

(a) It is essential for the eye to take genuine nutritious food. For this, it is necessary to select proper food. Among these are mainly vitamin A, C and E enriched food, fatty acid related food, zinc enriched food, deep green vegetables, and different types of fruits, especially of yellow colours are good for the eyes. These types of food help to keep the eyes disease-free. Carrot, oily small fish, broccoli, wheat, sweet pumpkin, yellow fruits such as mango, ripe papaya etc. should be eaten more.

(b) For the proper care of eyes it is important to obey the right method of leading life. The eyes become tired like the body after the labour rendered throughout the day. It is necessary to sleep whole night (7-8 hours) to make the eyes energetic again. So for this, particular time for sleeping must be ensured. Besides through research it is found that smoking is harmful to the eyes. So smoking must be stopped. It is essential to use sunglass to take precaution when you are out in an intensified sun-light. In this case, sunglasses which can prevent the ultra-violet ray should be used. One should be cautious during cooking with oil and wielding works. It is wise to wear safety glasses while working with chemicals.

(c) In insufficient light, everything is to be seen from a very close distance and it is harmful to the eye. The light of the room should be sufficient so that it does not create any difficulty to read. If it seems that the eyes are fatigued it is better to take rest rather than reading. If we read book or anything keeping them at a

distance less or more than the least distance of distinct vision of the eye, it creates pressure on the eyes. Perhaps you have observed that if you operate computer for a long time, your eyes become tired. Through research it is found that, long time using computer is harmful to the eyes. So, to save the eyes from these harms, computer should be used keeping it at a distance and giving proper interval.

Exercise

Multiple Choice Questions

1. What is the least distance of distinct vision of normal eye?

a. 5 cm b. 10 cm
c. 25 cm d. 50 cm

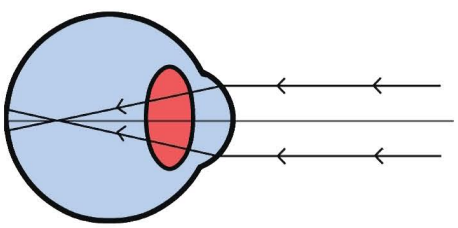
2. For convex lens it is applicable that-

i. its power is positive.
ii. the middle part of the lens is thin and both the edges are thick.
iii. it converges the parallel rays at a point.

Which one is correct below?

a. i and ii b. i and iii
c. ii and iii d. i, ii and iii

Observe the figure below and answer question no. 3 and 4.



3. What is the name of the defect of eye mentioned in the figure?

a. Short-sight b. Long-sight
c. Presbyopia d. Astigmatism

4. What type of lens should be used to rectify the afore-said defect?

a. convex lens b. concave lens

c. convexo-concavelens d.plano-concavelens

Creative Questions

1. Sejuti cannot see clearly the writings on the blackboard by the teacher from a far distance. On the other hand Sejuti's father faces problem to see the things nearer. Subsequently Sejuti and her father having taken to a doctor, the doctor advised to use one kind of lens for Sejuti and a different kind of lens for her father.

 a. What is called refraction of light?

 b. What does it mean by the least distance of distinct vision?

 c. What type of defect of eye attacked Sejuti? Explain.

 d. Analyse logically the reason of doctor's advised for Sejuti's father to use different kind of lens.

2. See the figure below and answer the question.

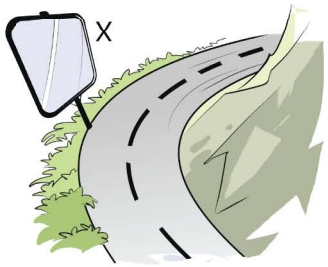


Fig : 1

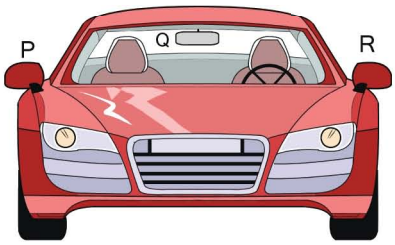


Fig : 2

 a. What is called lens?

 b. What does it mean by power of a lens?

 c. What is the cause of using the mirror X in fugure-1? Explain.

 d. Explain the role of the mirrors P, Q, and R in the car in fugure-2.

Chapter Six

Polymer



In our daily life different types of polymeric substances are closely related. Some of them are natural while others are synthetic. In our day-to-day life, we cannot think of a single moment when we are not using any polymer. Some of the polymeric substances are environment friendly and some of them are harmful to the environment. In this chapter, we shall learn how to recognize polymer and also learn which polymer we shall use and which ones we shall keep aloof from.



At the end of this chapter, we shall be able to-

- Explain natural and synthetic polymer.
- Explain the polymerization process.
- Describe the sources, characteristics and usage of natural and synthetic polymers.
- Explain the process of yarn manufacturing from fiber.
- Explain the characteristics of different types of yarn.
- Explain the physical and chemical properties of rubber and plastic.
- Explain the role of rubber and plastic for environmental imbalance.
- Identify the characteristics of different types of yarn by applying heat.
- Be aware of using rubber and plastic.

6.1 Polymer

Household items of melamine, electric switch board, carpets, PVC pipes, polythene bags, jute bags, silk, wool, cotton, nylon, rubber, all these items are very useful and well known to us. All of them are polymers. The word "polymer" came from two Greek words "poly" which means many and "meros" which means part. So, if many small parts are joined together to form a large object, it can be termed a polymer. Consider the structure of an iron chain where small pieces of iron are connected to make the chain. So, the chain here can be considered as a polymer. In chemistry, polymer is formed by chemical combination of monomer molecules.

Polythene bag used widely is a polymer made from ethylene monomer. Similarly PVC pipe is the polymer of vinyl chloride monomer. These are the polymers formed from only one type of monomer. They can also be formed from more than one type of monomers. For example, synthetic electric switch board is a polymer named Bakelite which is made of phenol and formaldehyde monomers. Household melamine items are basically melamine resin polymers which are made from melamine and formaldehyde monomers. At the beginning, we mentioned several examples of polymer, some of which are available in nature and they are called natural polymers.

Can you identify which are the natural polymers? Jute, silk, cotton and rubber, are natural polymers. On the other hand, melamine, resin, Bakelite, PVC, and polythene are not available in nature. They are manufactured in industry synthetically and they are synthetic polymers.

6.1.1 Polymerization

The process of making polymer from a monomer is called polymerization. Usually polymerization requires high pressure and temperature. Now let us see how we can represent polymerization. If two monomers are linked together, the product will contain only two units of monomer i.e. it can be written as-

1 monomer + 1 monomer → monomer-monomer or $(monomer)_2$,
If three monomers are joined together, the product will contain three monomer units and we can write-
1 monomer + 1 monomer + 1 monomer → monomer- monomer-monomer or $(monomer)_3$,

If the polymer is produced from n number of monomers, then the polymerization process can be written as-
monomer + monomer +... monomer → $(monomer)_n$
n monomer → $(monomer)_n$
Do you know how polythene is made? Polythene is made by heating ethylene gas at 200°C and 1000-1200 atmospheric pressure. To accelerate the polymerization process, oxygen gas is used as a catalyst.

$$n\ (\text{ethylene}) \xrightarrow[(O_2\ \text{catalyst})]{\text{(high temperature and pressure)}} \text{polythene}$$

$$\text{or,} \quad n\ (CH_2 = CH_2) \xrightarrow[(O_2\ \text{catalyst})]{\text{(high temperature and pressure)}} (-\ CH_2 - CH_2 -)_n$$

However, this process is not popular now-a-days as it requires high pressure. Alternatively, by using titanium trichloride ($TiCl_3$) catalyst, polythene is made at atmospheric pressure.

6.2 Fiber and Yarn

You know that cloth is one of our five fundamental rights. Cloth saves us from heat and cold, and helps us to maintain our privacy and we make beautiful dress with cloths. In ancient time, when there was no cloth, there was no way to screen us and that is why that is called uncivilized era of human civilization. Therefore, cloth is a very important thing for the modem civilized society.

Do you know how cloths are produced? Cloths are produced from yarn and yarn is produced from fiber which consists of smaller filaments. Basically fibers and filaments are the same things. In textile industries fibers mean the filaments used for weaving. In addition to yarn and textile, fibers are also used to make carpet, filter, electronic insulator etc.

Fibers are very valuable resources and can be divided into two categories according to their sources. Cotton, jute, linen, silk, wool, hair, asbestos, metal fibers etc. which are naturally abundant are called natural fiber. On the other hand, polyester, rayon, dacron, nylon etc. which are made synthetically by the chemical reactions are called man made fiber.

Among the natural fibers, cotton, jute and some others obtained from plants are called plant fibers. On the other hand, silk, wool, hair etc. obtained from animals are called animal fiber, whereas metallic fibers are obtained as minerals in nature and they are called mineral fibers.

Among the man-made fibers, rayons are obtained from cellulose and, that is why they are called cellulosic fibers. Cellulose is a fibrous material which makes plant and animal cells. Some artificial fibers such as nylon, polyester poly propylene, dacron etc. prepared from chemicals other than cellulose are called non-cellulosic fibers.

6.2.1 Characteristics and Use of Fibers

Whether a textile or garment is comfortable or not depends on what type of yarn has been used, which in tum is related with the type of fibers. So, characteristics of fibers are very important. Now, let us discuss that.

Cotton

Why do we feel comfortable with cotton cloths in summer? The higher thermal conductivity of cotton fiber results in quicker dissemination of heat produced in human body. Moreover, the spaces or pores between the yarns in cotton are wider compared to other fibers allowing easier air passing which gives us comfort.

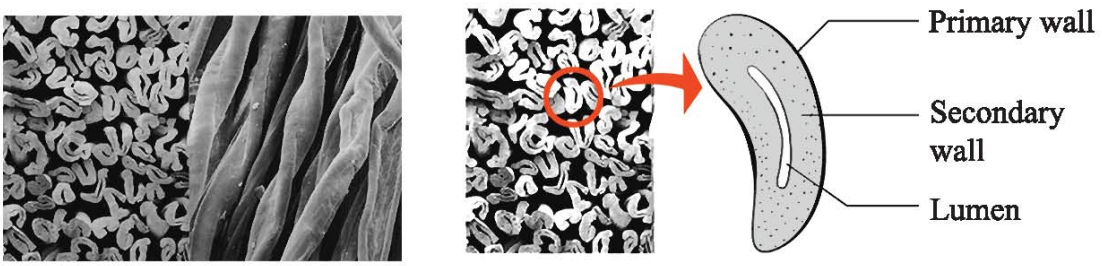


Fig. 6.01 : Cotton fiber under microscope

Cotton is the main plant fiber. From microscopic observation (Fig : 6.01), it is seen that, cotton fiber looks like a tube, inside the tube there is a relatively thinner and narrower space named lumen initially. Fibers after separating from the fruit are dried in sun light and resulting tubular fiber which shrinks gradually to a twisted thread like-material. There are 100- 250 natural twists/inch in each fine, long cotton fiber.

During yarn manufacturing, the twisted parts are linked with each other finely which gives better texture in cotton cloths. Garments made of cotton do not look very bright. However, the brightness and glaze can be increased by moisturization. Cotton fibers have strong affinity for most of the dyes and therefore, upon washing or heating, dye adsorbed in cotton fiber is retained. Strong inorganic acids damage the cotton fibers but weak acids cannot do it. Cotton fibers do not require special arrangement and that is why, it is being widely used. One of the defects of cotton fiber is that it shrinks when washed.

Silk

At the beginning of discovery of silk, use of it was the symbol of aristocracy and was limited to royal family. Silk was reserved for the kings, queens, emperors and empresses. Therefore, silk is used for making gorgeous and luxurious textiles. The main attraction of silk is its beauty. There are more than 300 different types of silk with different colour. Silk fiber is collected from cocoon (guti in Bengali) which is produced by silk worms. Silk is basically made of protein called fibroin.

Among the animal fibers, silk is the strongest and longest fiber. Because of its unique quality, silk is termed as the 'Queen of Fibers'. Long time exposure to sunlight damages it quickly. Silk is very thin but warm and, it can be stored in a small space.

Wool

To save us from cold, our first choice is the garments/cloths made of wool. Wool is thermally non-conductive and, that is why widely used in winter season. Improved softness, better dimensional stability, stronger dye ability are the notable characteristics of wool. In wool there is huge vacant space among fibers and that can trap air. As wool is thermally non-conductive, heat cannot be conducted from body in winter. Wool is inert to dilute acid and alkali but concentrated acid and alkali damage wool. Wool can be attacked by fungi and sometimes by moth.

Wool is a very old fiber and produced from different species of sheep. About 200 types of different wools are produced by 40 different species of sheep. Based on collection methods, wool is divided into two types which are Fleece wool and Pulled wool. Fleece wool is collected from sheep which are alive while pulled wool is collected from dead or killed sheep. Wool consists of a protein named Keratin which is also found in human hair and nails. Among different types of wool, Alpaca, Vicuna, Mohair (from goat) I Kashmiri are very famous.

Nylon

Nylon is the principal non-cellulosic synthetic fiber. It is produced by the polymerization of adipic acid and hexamethylene diamine. Nylon is basically two types: nylon 6-6 and nylon 6.

Nylon is very thin but strong. Its elasticity doubles when it is wet. It does not bum but melt and after melting, it forms transparent bead like borax bead. Nylon is used for parachute cloths, rope, tyre etc.

Rayon

Rayon (Fig : 6.02) is the main among the synthetic fibers. It is made from cellulose obtained from plants and animals. There are three types of rayon which are (1) viscose rayon, (2) cuprammonium rayon and (3) acetate rayon. Rayons are well known for their brightness, intense lusture, luxury, aristocracy and attractive beauty and finally good texture.

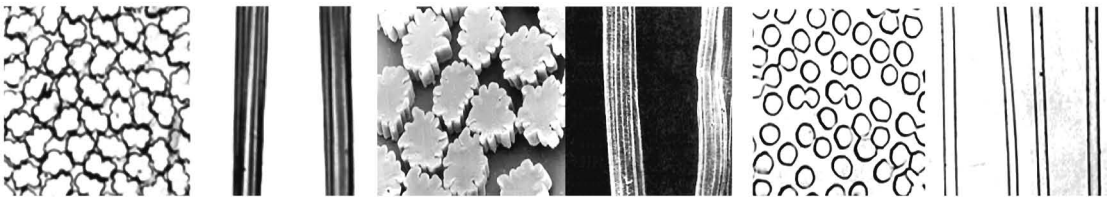


Fig. 6.02 : Shapes of rayon fibers under microscope

They are almost inert to dilute acids but reactive to salts. Rayon melts on heating and therefore, a calender of high temperature should not be used for ironing rayon cloths.

6.2.2 Manufacturing Yarn from Fiber

Is it possible to make cloth directly from fiber? No, it is not possible. For that, it requires yarn manufacturing first. The process of yarn manufacturing depends on properties of fiber. Manufacturing process is specific for a particular fiber. Now, let us discuss different steps involved in yam production.

Collection of Fiber

Collection of fiber is the first step for all fibers which differ from fiber to fiber. For example, in case of cotton, corpus fruit is collected from plants and seed is separated from the cotton. This process is known as ginning. The fiber obtained from ginning is called cotton lint. Cotton lints are bundled together to make bale. In spinning mill, yarn is produced from the bale.

Do you think that we can follow the same collection method for jute? No, certainly not, because in case of jute or jute like plants, fiber is not collected from seeds. It is collected from plants directly. For that, after cutting plants they are piled together to remove leaves and it takes usually 5-8 days. The piled plants are called Pil or Chella in some parts of Bangladesh. If the plants are piled together, decomposition of leaves starts and the leaves are separated easily from the plants by shaking. But it is to be noted that plant leaves should not decompose completely because in that case it would be difficult to separate the decomposed leaves. The plants are then bundled together and kept it submerged in water for 10-15 days for rotting. Why rotting is required? From rotten plants, fiber can easily be separated. After separating from the stick, fiber is washed with water and then dried in sunlight. The dried fibers are bundled together to make bale like cotton fiber. Then, jute bale is taken to a spinning mill for making yarn.

Now, let us see how to collect animal fibers. You know that silk is prepared from silk fiber. In this case, yarn is produced directly. In case of man made fiber, yarn is produced directly like silk. However, for wool, animal fiber (wool, hair) is collected by cutting them from the body of the animal. Do you think that the animals suffer severely for cutting their wool or hair? No, they do not suffer much because it can be recovered within a short time and that can be cut again and again for fiber. So, it is clear that fibers can be collected many times from an animal. Collected wool is then taken to a spinning mill for making yarn.

Spinning

Spinning is carried out in spinning mill (Fig : 6.03). Usually in a mill, a particular type of fiber is used because the steps involved in spinning process vary based on the nature of the fiber. Therefore, mills for different yarns made of different fibers are also different. However, based on the fibers, although the spinning processes are different, there are some similarities among the processes. Now, let us know about the processes of spinning (from fiber).

Blending and Mixing

The bale of fibers carried to the spinning mill is opened in blending room/blow room. Fiber is then broken down into smaller fragments with a specially designed device. At this time, trash and dirt are also removed. Then cotton of various grades are mixed together. Is the mixing important? Yes, mixing is important because Bangladesh is a small country where commercial production of cotton is negligible and major part of cotton is imported from different countries; therefore, practically it is impossible to have constant supply of cottons of uniform quality all the time. If mixing is not performed, yarn of uniform quality will not be produced all the time. Sometimes the quality will be too good and sometimes it may be too poor. Moreover, mixing lowers the production cost. The process of preparing the cotton mixture is known as blending and mixing. In case of jute fibers, it is called batching.

Carding and Combing

Carding and combing are the second step of spinning. This step is applicable to cotton, linen and wool. Based on the characteristics and length of fibers, the machineries used in this process vary. Very small fibers are not suitable for yarn manufacturing and they are discarded; soil particles or other dirt are also removed this time. In some cases only carding works well, however, for very fine, smooth and narrow yarn, combing is essential. For linen fiber, a special combing technique known as Heckling is used. Heckling makes yarn smaller and fine.



Fig. 6.03 : Yarn manufacturing in spinning mill

The fiber obtained after carding and blending is like a thin layer and it is known as sliver. When the sliver is twisted, yarn is produced. Spinning is basically nothing but twisting. At this stage, sliver is gradually stretched to make it

thinner. Finally at the end of the sliver, a few bunch of fiber is retained. In this way, the next sliver is twisted. Stretching of sliver is called Rodding. Twisting helps the fibers to stick together and tum into yarn.

The strength of the yarn depends on the number of twist. Usually more twisting makes yarn stronger. However, too much twisting may tear off yarn. The extent of twisting is determined by the characteristics of original fiber. Usually for long fiber (such as jute, linen) relatively more twisting is required. Twisting is performed by a device known as Twist Counter.

Preparing Silk from Silk Fiber

The first step of silk manufacturing is the production of cocoon from silk worms. Matured cocoon is boiled in soap water in an iron pan; as a result, cocoon softens and the skin is separated easily. When the skin is separated, one end of the fiber becomes visible. If that end is stretched slowly, the long yarn comes out (Fig : 6.04). For fine and thin yarn, 5- 7 cocoon filaments are taken together and then stretched. A spinning jenny is used for this purpose. Spinning with the help of spinning jenny is shown in Figure 6.4.

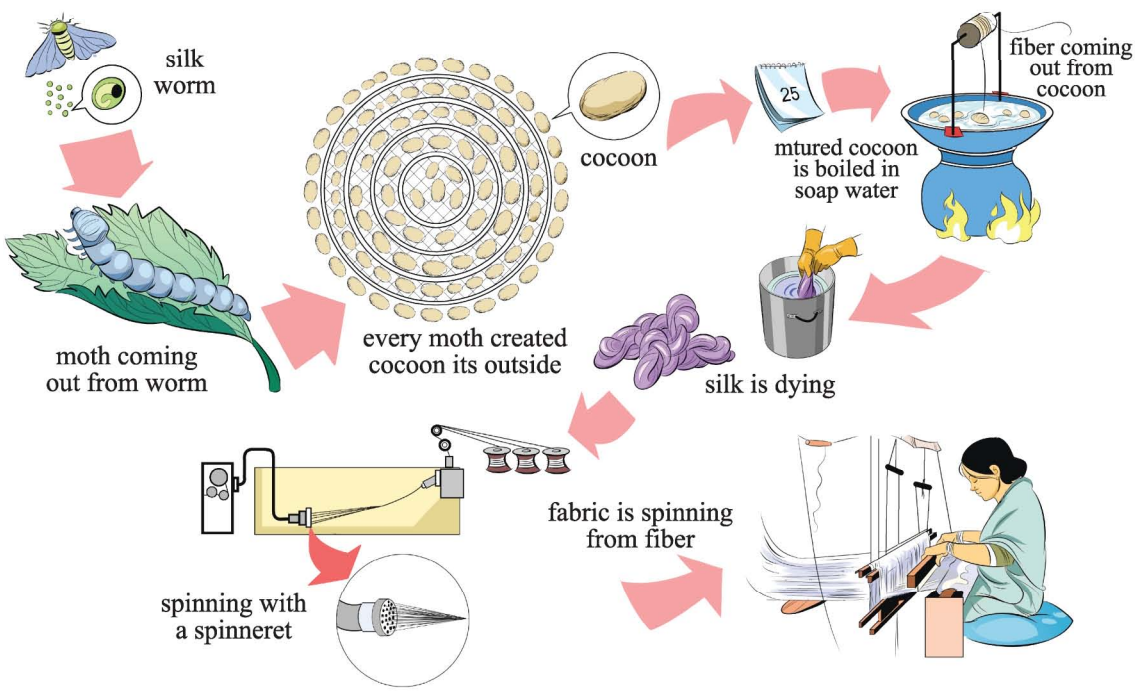


Fig. 6.04 : Making of yarn from silk fiber

When the filaments are grouped together, they stick to each other due to presence of gummy materials in the filaments and a bunch of yarn is produced.

Production of Yarn from Artificial/Man-made Fibers

Methods to manufacture yarn from artificial fibers are almost similar. With a suitable solvent and usually with more than one type of smaller fibers, a concentrated and viscous solution is prepared. This solution is called Spinning Solution. Spinning solution is passed through a small hole in spinneret (Fig : 6.4) with high pressure. A suitable chemical is used to congeal the solution during passing through the spinneret, as a result, a long filament comes out from the spinneret and that can be used as yarn to weave cloths.

Characteristics of Yarn

Characteristics of yarn depend on fibers. In all the cases, it is seen that characteristics of yarn are identical to the corresponding fibers. You have already studied the characteristics of fibers, and therefore, you understand what the characteristics of yarns can be.



Investigation

Activity: Characterization of different types of yarn by heating

Materials required: silk, wool, cotton, polyester cloths/yarn, nylon, a candle and fire box.

Procedure: Lit the candle with the help of the fire box. Now bum all the yarn one by one and observe carefully.

What happened to cotton yarn? It burned quickly with a smell like burnt paper. Cotton contains cellulose and they produce identical characteristic smell on burning like paper. What did you observe when nylon was burnt? Nylon did not bum as quickly as cotton, it burned slowly. At the end, it formed a bead like material unlike cotton. Moreover, there was no characteristic smell like cotton because nylon does not contain cellulose. Now, you note down the characteristics obtained for all other yarn/cloths.

6.3 Rubber and Plastic

6.3.1 Rubber

We use eraser everyday. Do you know what kind of material is this? It is rubber. Tyre of bicycle, rickshaw, or other transports, tubes, balloon in birthday parties, all are rubber products. In addition, water pipe, surgical gloves, conveyer belt, rubber band, nipple for feeding kids etc. are also rubber products. So, it is clear that, rubber and rubber products are inextricably related with our daily life. Now, let us discuss the properties of rubber.

Physical Properties of Rubber

Natural rubber is an amorphous solid substance which is insoluble in water. Although it is insoluble in many organic solvents such as acetone, methanol, it is soluble in turpentine, petrol, ether, benzene etc. Rubbers are usually white or pale brown coloured. Rubbers are elastic and sensitive to heat and upon heating, they melt. Pure rubber does not conduct heat and electricity. Recently, scientists have developed special rubbers that conduct electricity.

Chemical Properties of Rubber

We know that almost all substances expand on heating, however, it is not true for rubber, i.e. rubber shrinks on heating resulting in reduced volume. One of the most important properties of rubber is that it is inert to many chemicals and solvents such as weak acids and alkalis, water etc. Therefore, it is widely used for surface coating.

Have you ever noticed what happens if rubber is kept for a long time? Gradually it is corroded because rubber undergoes a chemical reaction with oxygen present in air. Natural rubber reacts with ozone (O_3). As a result, it is degraded gradually and finally damaged.

6.3.2 Plastic

Plastic means substance that can easily be molded. In molten condition, plastic can be given any particular shape. We are using a number of plastic products such as bucket, jug, melamine dishes, PVC pipe, toys, seat belt and, now-a-days,

even furniture are made by plastic. It is also known to you that all these plastic products are polymer. Let us see the properties of plastic.

Physical Properties of Plastic

Can you tell whether plastic dissolves in water or not? No, it does not. Plastic is insoluble in water and an important aspect of plastic is that it does not conduct heat and electricity, and that is why, they are widely used as insulator. You know that plastics can be given any shape as expected and this is the unique property of plastic.

What happens to plastic on heating? Polythene, PVC pipe, polyester, toys etc. soften on heating and when they are cooled in molten state, they harden. This type of plastic are called thermoplastics, On the other hand, melamine, bakelite (used in electric socket and coating on handle of fry pan) etc. bum and harden on heating, and they do not soften. They can be molded only once. These plastics are called thermosetting plastics.

Chemical Properties of Plastic

Most of the plastics are chemically inert to moisture and oxygen. That is why, they do not corrode even if they are exposed to air for a long time. Plastic does not react with dilute acids and alkalis, however, concentrated mineral acids dissolve some plastics. Plastics are combustible and produce huge amount of heat energy when burnt.

Are plastics biodegradable? No, they are not biodegradable. They do not degrade ever if they are exposed to air, water or soil for a long time. Recently scientists have discovered biodegradable plastics which are used for special purposes like dental implantation. Medical sutures used to repair wear or used after surgical operation are also a kind of biodegradable plastic.

When plastic is burnt, it produces many toxic substance. For example, PVC on burning produces hydrogen chloride gas. On the other hand, polyurethane (used or making furniture) on burning releases carbon monoxide (CO) and hydrogen cyanide (HCN) gas.

6.3.3 Role of Rubber and Plastic in Environmental Imbalance

Majority of the plastic and synthetic rubbers are not biodegradable. So, if they are discharged as waste without recycling, they accumulate in nature and cause lots of problems. Have you noticed that sewerage lines in municipal areas are occupied by plastics and rubbers? Accumulation of these materials at a stage, block the sewerage lines stopping the flow of waste water that results in water logging on roads upon rainfall. Clearly, it hampers the environmental balance. Similarly, a significant part of waste is not managed properly and discharged into river or lakes directly. If they are deposited long time in this way, water depth will be reduced and will cause navigability problem.

Moreover, if they are discharged on soil, soil fertility will decrease. Waste plastic or rubber sometimes enters into animal body such as cattle, sheep or goat when those animals take grass in field, and they can accumulate in animal flesh and fat. In fact, the discharged plastic in water bodies may contaminate fish flesh. Finally when we take meat or fish, those accumulated plastic and rubber enter into human body and may cause diseases like cancer. So, it is clear that, if plastics and rubbers are not managed properly, they can pollute the environment severely and may lead to environmental imbalance. Therefore, we have to reuse and recycle plastic and rubber again and again and also we have to make people aware in this regard. If they become unsuitable for use, we have to collect them and collected plastics and rubbers can be sold as well. If we do so, our environment will be conserved as well. In case if we do not have opportunity to sell it, we have to send it to the municipal authority managing solid waste.

Exercise

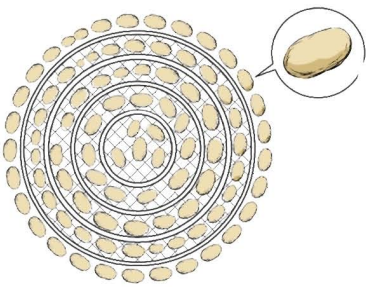
Multiple Choice Questions

1. What type of fiber requires heckling?

a. Jute b. Wool
c. Silk d. Linen

2. The characteristic of the fiber shown on the right is-

i. It is very fine
ii. It is very cheap
iii. It warms quickly



Which of the following is correct?

a. i and ii b. i and iii
c. ii and iii d. i, ii and iii

From the diagram given below, answer question 3 and 4:

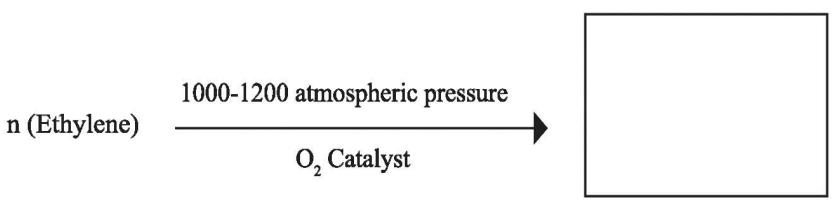


Fig : A Fig : B

3. What will be produced in Fig. B?

a. Resin b. Polythene
c. Melamine d. Asbestos

4. Which of the following fibers is similar to the product in Fig. B?

a. Silk b. Wool
c. Hair d. Polyester

Creative Questions

1. Arju was going to school in an early morning in January. He wore two shirts both made of cotton. He felt quite cold. He remembered that 3 months ago when he wore even one shirt, he did not suffer from this type of problem.

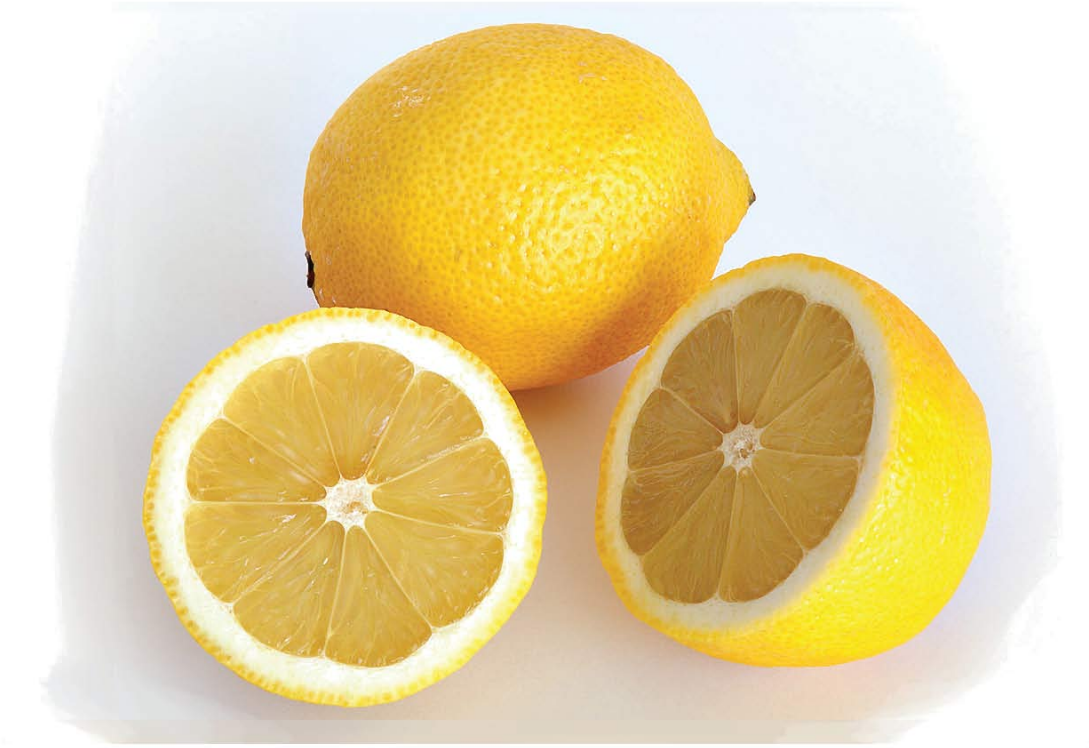
 a. What is non-cellulosic fiber?
 b. Why linen is called a natural fiber?
 c. Explain what type of clothes Arju should wear.
 d. Rationalize the fact that although cotton is comfortable in summer it is not comfortable in winter.

2. Mr. Milon has a PVC pipe manufacturing industry. He asked Emon and Mamun to supply raw materials. Raw material supplied by Emon was elastic and reactive to oxygen and moisture and, the physical property of the material supplied by Mamun is that it can be given any shape in molten state but it is chemically inert. Both the materials were non biodegradable in soil.

 a. What is monomer?
 b. Why melamine is called a polymer?
 c. How do the materials supplied by Emon and Mamun damage environmental balance? Explain.
 d. Which raw materials will you suggest for Mr. Milon to manufacture PVC pipe?

Chapter Seven

Use of Acid, Base and Salt



You have learnt about acid, base and salt in class VIII. Can you remember their characteristics? In this chapter, we shall discuss different uses of acid, base and salt. Here you will get a concept about how we can use these in our daily life. After studing this chapter you will get a concept about pH, which is very important for measuring acid and base.



At the end of this chapter, we shall be able to-

- Describe the characteristics of strong and weak acids.
- Explain the use of acid in daily life and caution in handling acids.
- Analyze the social effect of misuse of acid.
- Evaluate the acidity and alkalinity of different substances by using indi cator
 (litmus paper, extract from flowers and vegetables prepared in previous class).
- Explain the reason for acidity in stomach and selection of the right food.
- Explain the importance of pH of substances.
- Explain the chemical characteristics of bases.
- Explain the necessity of bases in daily life and caution in handling base.
- Explain the importance of neutralization in daily life.
- Explain the chemical characteristics of salt.
- Explain the necessity of salt in daily life.
- Prepare different types of salts by doing experiment (metal + acid, metal oxide + acid)
- Recognize the contribution of acid, alkali and salt in our daily life.

7.1 Acid

7.1.1 Strong and Weak Acid

You have learnt about some organic acids in class VIII. You also know that acids produce hydrogen ion (H^+) in water. There are some acids, particularly organic acids, which do not dissociate completely in water, i.e. they dissociate partially which means all the acid molecules present do not produce H^+ ion. These acids are called weak acids (Fig: 7.01). On the other hand, mineral acids completely dissociate in water to produce hydrogen ion (H^+) i.e. all the acid molecules present undergo dissociation.

There are some acids such as carbonic acid which is not an organic acid but a weak acid. Some important weak and strong acids are shown in table 1.

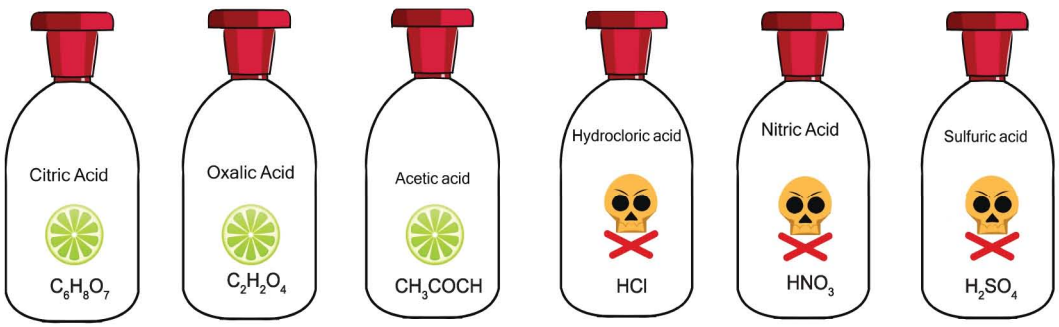


Fig. 7.01 : Strong and weak acid

Weak acid	Strong acid
Acetic acid (CH_3COOH)	Sulphuric acid (H_2SO_4)
Citric acid ($C_6H_8O_7$)	Nitric acid (HNO_3)
Oxalic acid (HOOC—COOH)	Hydrochloric acid (HCl)

7.1.2 Use of Acids in Daily Life and Caution

Do you know the reason for irritation and swelling when wasps or scorpion sting? It is due to the fact that, when they sting us, a base named histamine is released and this histamine is responsible for irritation and swelling. To treat the sting, the paste used contains vinegar and baking soda which are acids. They react with the base (histamine) and neutralize it; therefore, pain, irritation and swelling reduce.



Fig. 7.02 : Vinegar is used in preservation of pickles

It is common that after taking rich diet like Polao, Biriani etc, we drink soft beverage like Pepsi, Coca-cola, and Sprite etc. Do they help us in digestion? To digest food, specific amount of hydrochloric acid is required in the stomach. If this amount is altered significantly, it may cause indigestion or difficultly in digestion.



Fig. 7.03 : Lactic acid present in Borhani or yoghurt favours digestion

You have learnt in class VIII that lemon, orange, apple, guava, gooseberry, star fruit etc. contain different types of organic acids which are essential for us. Some of them prevent disease also. For example, vitamin C or ascorbic acid. Do you know that it helps us in repairing daily wear and tear and, lack of it in human body causes a disease named scurvy?

Do you know what is used to preserve pickles of mango, olive etc (Fig : 7.02)? It is none other than vinegar or acetic acid. Do you think that Borhani or curd

(Fig : 7.03) is helpful in digesting rich food taken usually in parties? Yes, like soft beverage, lactic acid present in Borhani and curd favours digestion.

Do you know that baking soda is used to make cake, biscuit and bread? Yes, baking soda is used as a livener in those cases, because it reacts with yeast and releases carbon dioxide which puffs baked items. Do you know which are the main ingredients in household toilet cleaner?

The main ingredients are strong acid such as hydrochloric acid, nitric acid and sulphuric acid. Moreover, the lead storage battery used in vehicles, to run IPS, to produce electricity by solar panel, requires sulphuric acid.

We know that for crop production, we use fertilizers as plant nutrients. The inorganic fertilizers used widely are ammonium nitrate (NH_4NO_3), ammonium sulphate [$(NH_4)_2SO_4$] and ammonium phosphate [$(NH_4)_3PO_4$]. These are produced from nitric acid, sulphuric acid and phosphoric acid respectively.

We know that for crop production, we use fertilizers as plant nutrients. The inorganic fertilizers used widely are ammonium nitrate (NH_4NO_3), ammonium sulphate [$(NH_4)_2SO_4$] and ammonium phosphate [$(NH_4)_3PO_4$]. These are produced from nitric acid, sulphuric acid and phosphoric acid respectively.

From the above discussion, it is obvious that different types of acids are involved in our life inseparably. Therefore, the role of acids is very important and significant. However, some acids particularly strong acids (H_2SO_4, HNO_3, HCl) are very harmful not only to human health but also to other materials used in our daily life. Exposure of any human organ to concentrated strong acids results in severe burning leading to permanent lesion. You might watch on television or newspaper the burning of human body by acid throwing. Even most of the common cloth is also burned by acids. Similarly, most of the metals are corroded by strong acids. Therefore, we need to be very cautious in using acids. If acid falls on our body by chance, that part of the body should be washed using much water.

Group Work

Task: Observation of the Acidity/Alkalinity of Soil (Fig : 7.04)

Materials required: A beaker, soil sample, red and blue litmus paper, flower/vegetable extracts, glass rod, water, tong, test tubes.

Procedure: Take about 100 gram of soil in the beaker and add 10-20 mL of water in the beaker. With the help of the glass rod, stir the mixture. Wait for sometime for sedimentation.

Now with the help of tong, dip the red litmus paper in the mixture first and, then the blue litmus paper. Note down the changes in laboratory note book. Now, take 2-3 mL of the soil mixture in each of several (the number depends how many extracts you have prepared) test tubes and add flower extracts one after another separately in the test tubes and observe the changes in colour and note it down. Soil can be acidic, alkaline or neutral and that depends on the chemical substance presen in it. Now you can check the acidity and alkalinity of household materials like toothpaste, face wash and soap.

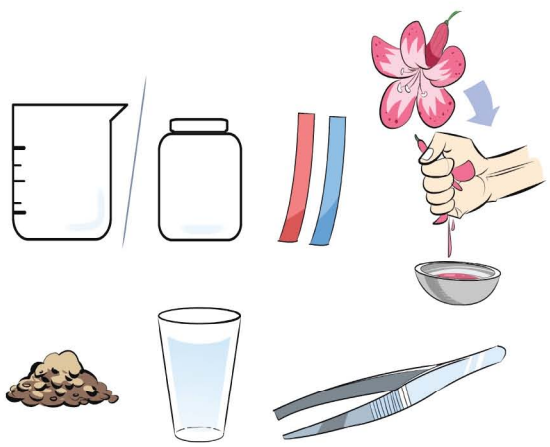


Fig. 7.04 : Test of acidity or basicity of soil

7.1.3 Misuse of Acids, Laws and Social Effects

Some wicked people (Fig : 7.05) are committing serious crime throwing acids on human body in one hand; on the other hand, they are misusing such valuable resources. As stated before, acids result in severe burning in human organ

leading to permanent damage that results in weird appearance. Hence, the acid victims who are mostly women because of their weird appearance (permanent scar) hide themselves from the society and in some cases, they commit suicide. From a study, it is seen that acid victims are usually girl students or housewives. So, it is clear that due to acid terrorism, many talented and brilliant students cannot continue their study. When the victims are housewives, they lead an inhuman and miserable family life. So, we have to be aware against acid temorism, we must protest it and also have to work for building public awareness against acid terrorism.



Fig. 7.05 : Wicked people are committing serious crime throwing acids on human body

7.1.4 Punishment/Penalty of Acid Throwing

Acid throwing is a serious crime. According to the Women and Child Repression Control Act-1995 of Bangladesh, the punishment could be life time imprisonment or death sentence. In one hand, the perpetrators of acid attack are doing harm to others, on the other hand, they cannot escape punishment. So, we need to make people careful and aware of the danger of acid throwing. In Bangladesh, particularly in rural area, there are large areas where a brilliant girl student may rarely be found and if that girl is victimized by acid throwing, it will be an irreparable loss for that area and for the nation as a whole.

7.1.5 Identification of Acidity and Alkalinity of Different Substances by Using Indicators

You have prepared extracts from flowers and vegetables in the previous class and with that you have identified acids and bases. Now, let us check the acidity and alkalinity of some substances closely related to our daily life by using those indicators.

Group Work

Task : Observation Acidity and Alkalinity of Toothpaste (Fig : 7.06)
Materials required: Toothpaste, litmus paper, a beaker, flower/vegetable extracts, glass rod, water, tong, test tubes.

Procedure: Take about 4-5 gram of toothpaste in the beaker. Add 5-10 mL of water in the beaker and stir the mixture well with the help of the glass rod. Keep the mixture for sometime. Now with the help of the tong, dip the blue litmus paper in the mixture first and observe the colour change. Similarly, dip the red litmus paper and observe the colour change. What do you see? The colour of the red litmus paper changed to blue and that of blue litmus paper remained unchanged. It means that toothpaste is an alkaline substance. Now take 1-2 mL of the toothpaste in test tubes, add the flower and vegetable extracts and observe the changes. Now you can check the acidity and alkalinity of fruit juice, soft drinks, etc.

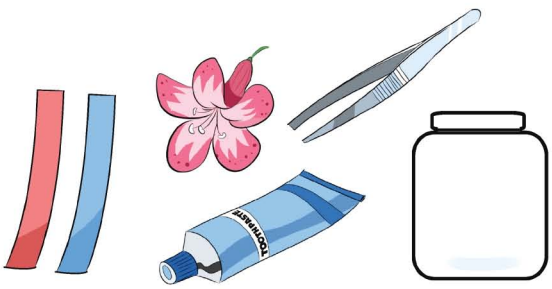


Fig. 7.06 : Test of acidity and alkalinity in toothpaste

Group Work

Task: Identification of Acidity and Alkalinity of Different Types of Drinks and Fruit Juice (Fig : 7.07).
Materials required: Different types of drinks (coca cola, sprite, seven up, fanta, etc.) and fruit juice (mango, litchi, orange, etc.), litmus paper, a beaker, flower extracts.

Procedure: Take the drinks and juices in the beaker one after another and dip the blue and red litmus paper. What kind of colour change do you observe? The colour of the red litmus paper has not changed but that of blue litmus paper has changed to red. What is understood from this? The drinks and juices, we usually drink, are acidic substances. Now, observe what changes occur in case of each drink and juice by adding previously prepared flower extracts one after another.

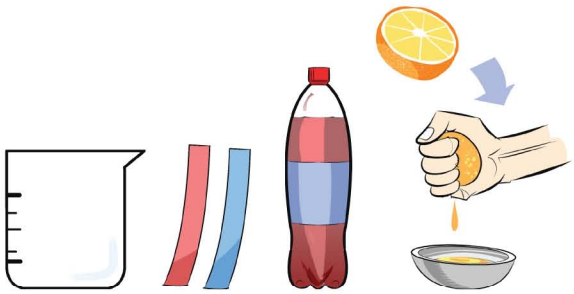


Fig. 7.07 : Identification of acidity and alkalinity of different types of drinks and fruit juices

7.1.6 Reasons of Acidity in Stomach and Selection of Proper Food

You all know that to digest food hydrochloric acid is required in stomach in a particular amount. However, if the amount of acid increases in the stomach that condition is termed as acidity in stomach. Now, the question is how it happens? There are many reasons for this kind of acidity (Fig : 7.08). One of them could be the food we take. You have seen in your group work that most of the beverages and fruit juices we drink are acidic. Therefore, excessive intake of those items, particularly when the stomach is empty, may cause acidity. Other beverages such as tea, coffee, alcohol also result in increased acidity. In addition, fried food items, fats and oily foods are also responsible for acidity in stomach. According to the data obtained from Department of Health, USA, onion, garlic, chili and other spicy foods, chocolate etc. also could be the reason for acidity.

Other than food stuff, stress, irregular food intake, even irregular and insufficient sleeping habit may cause acidity. Moreover, bacterial infection often could be the reason for acidity in the stomach.

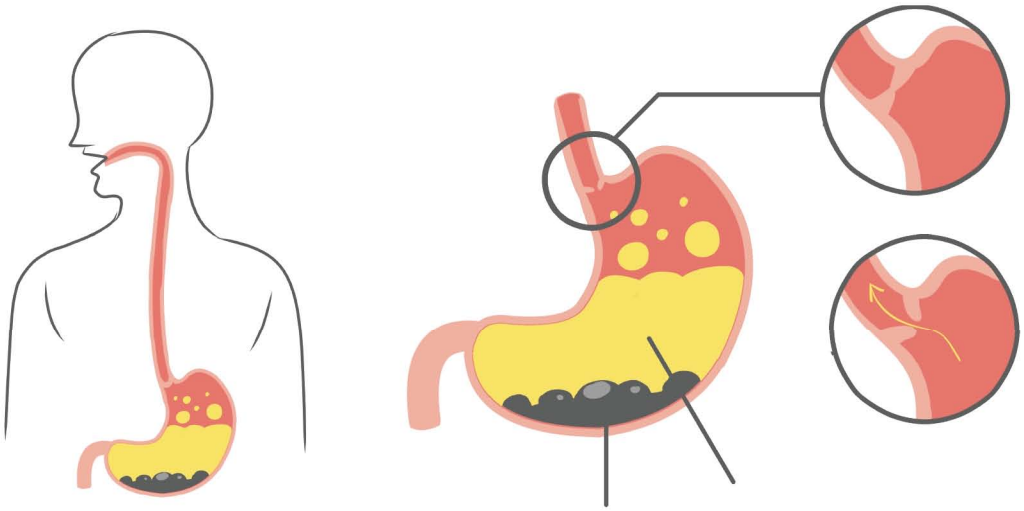


Fig. 7.08 : Amount of acid in stomach may increase due to various reasons

What can be done to protect us from acidity by selecting right kind of food ? At first, the food stuff responsible for acidity can be taken in small amount or if it is necessary, can be avoided temporarily. Secondly, there are food items which are alkaline in nature and can neutralize acidity; intake of such food items can protect us from acidity. Most of the food items in this category are vegetables such as broccoli, spinach, carrot, beans, beat, lettuce, asparagus, mushroom, maze, potato, cauliflower etc.

Moreover, there are some food grains which are able to reduce acidity. These are pulse, Dewa rice, sweet maize etc. Among the milk based food items soya butter, butter produced from goat milk, soya milk, nut milk are alkaline and can decrease acidity. Excess acidity can be minimized by different types of nuts, herbal tea, green tea, and ginger tea as well.

7.2 Necessity of Knowing pH

We can identify whether a substance is acidic, alkaline or neutral by indicators. We cannot estimate how much acid or alkali is there i.e. we cannot quantitatively measure acidity or alkalinity by indicator. That can be done by measuring pH. In chapter 2, you have learnt about pH. You also know that aqueous solutions of

neutral substances containing no acid or base have pH 7. If acid is added to that, pH lowers. Further addition of acids lowers the pH further and so on. On the other hand, addition of alkali to the aqueous solutions of neutral substances increases pH and the more the addition of alkali, the higher the value of pH.

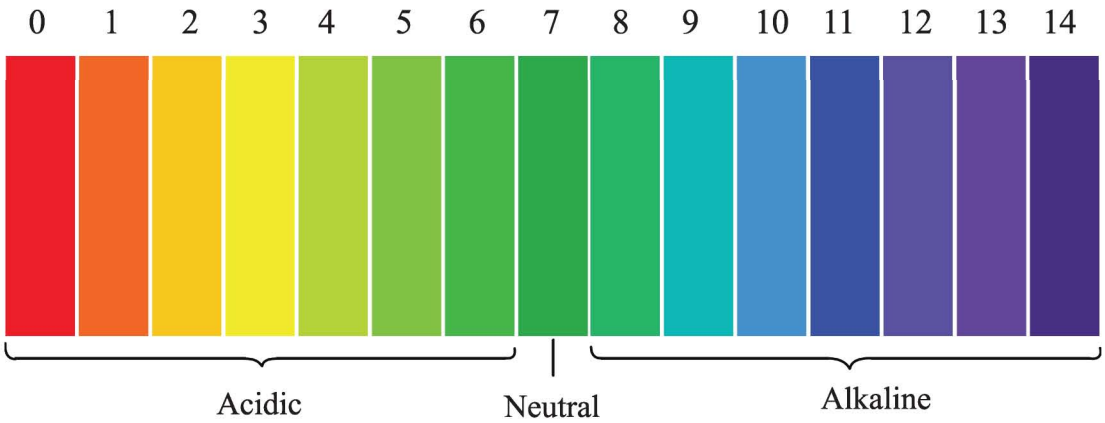


Fig. 7.09 : Universal indicator colour chart

So we can say-

For neutral substance or pure water, pH = 7

For acidic solution, pH<7

For alkaline solution, pH >7

It is very important to know the pH in many cases including human health, consumer products, agricultural practices, even in most of the industrial processes, pH is a very important parameter.

Do you know the pH of human blood? pH of human blood (arterial) is 7.4. Minor alteration of pH (~0.4) may cause severe health problems, even death. Saliva is a very important part of food intake and digestion and it is very effective when its pH is about 6.6. The pH required for digestion in stomach is 2.0. An alteration of about pH 0.5 may hamper digestion. pH value less than 7.0 of urine indicates healthy condition.

Soil pH usually ranges from 4.0-8.0. If the soil pH becomes lower than 3.0, soil nutrients like calcium (Ca) and magnesium (Mg) are lost resulting in reduced fertility. Hence, for acidic soil, fertilizers containing calcium and magnesium are applied to adjust pH. On the other hand, if the soil becomes highly alkaline i.e. if soil pH is more than 9.5, the fertility decreases. In that case, aluminium ions (Al^{3+}) are easily transported to plant roots causing significant harm to the plants. pH of alkaline soil is controlled by applying nitrate and phosphate fertilizers. Highly acidic or alkaline conditions kill the beneficial microorganisms in soil; as a result, many physiological activities of plants are hampered. Face wash available in shops have pH 5.5, why? It is due to the fact that, the pH of matured human skin is acidic and it ranges from 4.0-6.0. However, the pH of skin of newborn babies is close to 7. Therefore, most of the cosmetics used for adult should not be used by kids; otherwise, there could be a severe damage to their skin.

pH is very important in industrial chemical processes. Medicines, inks, baby foods, lozenge, leather manufacturing among others are few examples where control of pH is essential. In addition, chemical reaction related to photography, manufacturing and use of dyes, electroplating on metallic substances etc. in all cases, controlled pH is required.

There is a chart to understand which standard of pH solution will assume which colour (Fig : 7.09). It is called universal indicator colour chart. The colour assumed by the solution after being added some drops of universal indicator to it, is compared with universal indicator colour chart and thus pH is measured.

7.3 Chemical Characteristics of Base

You have learnt about base and alkali in class VIII. Now, let us discuss their chemical characteristics.

7.3.1 Change in Colour of Indicators by Chemical Reaction:

All bases change the colour of red litmus paper to blue. Besides, they also change the colour of other indicators such as methyl orange, methyl red, phenolphthalein etc. which are widely used in chemical laboratory (see table 1).

Table 1: Change in Colour of Indicators Due to Chemical Reaction with Base

Indicator	Colour of Indicator	Colour of Indicator in Base
Red Litmus Paper	Red	Blue
Methyl Orange	Orange	Yellow
Methyl Red	Red	Yellow
Phenolphthalein	Colourless	Pink

Behavior in Water: Water soluble bases i.e. alkalis produce hydroxyl ion (OH^-) in water.

$$NaOH \longrightarrow Na^+ + OH^-$$
$$KOH \longrightarrow K^+ + OH^-$$
$$NH_4OH \longrightarrow NH_4^+ + OH^-$$

Reaction With Acid: Base reacts with acid and produces salt and water by neutralization reaction which will be discussed later in this chapter.



Group Work

Task: Observation of Chemical Properties of Bases (Fig : 7.10)

Materials Required: A base (NaOH), an acid (HCl), indicator (red litmus paper or phenolphthalein), a beaker, apron, glass rod, dropper, and tong.

Procedure: Put on the apron and take 50 mL of dilute sodium hydroxide solution in a beaker. Dip the red litmus paper in the beaker. Do you see any change? The litmus paper has turned blue and it proves that a base changes the red litmus into blue.

Now, add dilute hydrochloric acid to the beaker with the help of the dropper and stir well. Dip the blue litmus paper you got before and observe the changes. At the beginning of adding HCl, there will be no change in the colour of blue litmus paper. Add more HCl gradually and check whether the blue litmus paper changes its colour or not. Continue the addition of HCl

gradually and observe how the litmus paper behaves. At a stage, upon the addition of HCl, blue litmus paper will change its colour to red. Why does it happen? The reason is, due to addition of acid, a chemical reaction occurs between the base (NaOH) and acid. When the entire NaOH reacts, further addition of acid makes the solution acidic and, therefore, the colour of blue litmus changes to red.

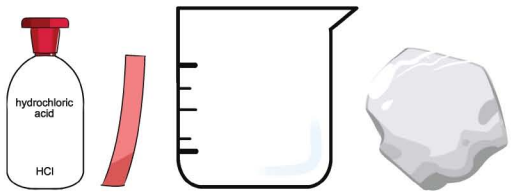


Fig. 7.10 : Observation of chemical properties of bases

7.3.2 Use of Alkali in Our Daily Life and Caution

Do you know the reason of irritation, pain and swelling when bee sting or ants bite? When ants bite, they release formic acid resulting in irritation and pain. On the other hand, when bees sting, formic acid, melittin and apamin are secreted and all these three acidic chemicals result in irritation, pain as well as swelling in human body. Now, the question is what can we do in these cases?

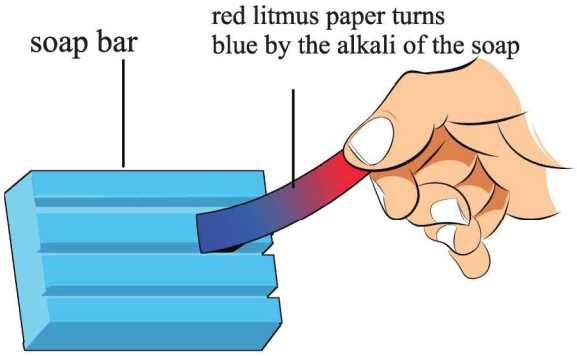


Fig. 7.11 : Test of alkalinity of soap

Since in all these cases, the acidic chemicals are responsible, so we can use chemical substances that are able to neutralize those acids. Calamine is a lotion which contains zinc carbonate ($ZnCO_3$); it can be used to solve the problem. Baking soda can also be used.

Use of Alkali to Neutralize Acidity of Soil: You all know that increased acidity in soil lowers the fertility. In such cases, alkalis/bases can be used to neutralize

the acid and fertility can be regained. The widely used bases are calcium oxide (CaO), and slaked lime [$Ca(OH)_2$] to adjust soil pH. Sometimes lime stone ($CaCO_3$) is also useful in this regard.

Bases as Household Chemicals: Ammonium hydroxide is broadly used as a household cleaner. Toothpaste, a very important substance in our daily life, is alkaline. After taking food, usually acidic condition develops in the oral cavity. Therefore, brushing with the help of toothpaste or powder, teeth is cleaned, at the same time, alkali present in paste/powder neutralizes acid in the mouth and therefore, corrosion of teeth is minimized.

In addition, to clean dishes, we use hard soap and liquid soap which contain bases (Fig : 7.11). Even the laundry soap that we use for washing clothe is made from sodium hydroxide and fats or oils. Similarly, soft soap like shaving foam is prepared from potassium hydroxide and fats or oils.
Do you know that antacid tablets or syrup taken to treat gastric pain or acidity are nothing but weak bases such as magnesium hydroxide [$Mg(OH)_2$] and aluminum hydroxide [$Al(OH)_3$].

From the above discussion, it is clear that bases and alkalis are very useful materials in our life. So, we must be cautious in their use and have to make people aware of their misuse.

Caution in Using Bases and Alkalis: Have you ever washed your clothes yourself? Washing a large amount of clothe by soaps with naked hand cause removal of skin from the surface of palm. The chemical responsible for this is NaOH. Alkalis like acids are equally corrosive and irritating to human body. So, whenever we use alkalis, we must wear latex hand gloves and apron.

7.3.3 Neutralization Reaction and Its Importance

How the stomach pain due to acidity is treated by antacids? Hydrochloric acid responsible for acidity undergoes a neutralization reaction with magnesium hydroxide and aluminum hydroxide present in antacids. Therefore, excess HCl generated in stomach no longer prevails there and we do not feel pain any more.

$$\text{acid} + \text{alkali} \longrightarrow \text{salt} + \text{water}$$
$$2HCl + Mg(OH)_2 \longrightarrow MgCl_2 + 2H_2O$$
$$3HCl + Al(OH)_3 \longrightarrow AlCl_3 + 3H_2O$$

You learned in previous section that soil acidity is removed by lime or slaked lime and the neutralization reactions happen there are shown below.

$$\text{alkali} + \text{acid} \longrightarrow \text{salt} + \text{water}$$
$$CaO + H_2SO_4 \longrightarrow CaSO_4 + H_2O$$
$$Ca(OH)_2 + H_2SO_4 \longrightarrow CaSO_4 + 2H_2O$$

You have already learnt that after taking food, acids created in oral cavity may corrode teeth and to protect our teeth, we do brushing using toothpaste/powder. Here also a neutralization reaction occurs between the acid generated in the cavity and the alkali present in toothpaste/powder. pH of toothpaste is usually 9-11 and alkaline substance such as calcium hydroxide, baking soda, tetrasodium pyrophosphate etc. are present in it. So it can be concluded that neutralization reactions are playing crucial roles in our daily life.

7.4 Salt

7.4.1 Chemical Characteristics of Salt

It is known to you that salts are the products obtained by the chemical reaction between acid and base. Let us discuss the chemical nature of salt.



Group Work

Task: Observation of Properties of Salt (Fig : 7.12)
Materials: A beaker, table salt (NaCl), pure water, red and blue litmus paper, glass rod.

Procedure: Take 5-10 grams of salt in the beaker and add 50 mL of pure water to that. Stir well with the glass rod to make a solution. Now, dip the litmus paper one afte another and observe if there is any change or not.

Is there any change in colour of the litmus papers? No, there is not, because table salt is a neutral substance, it is neither an acid nor a base.

However, in some cases salt solution could be acidic or basic. For example, aqueous solution of baking soda is acidic which turns blue litmus paper into red although baking soda is a salt. This is due to the fact that baking soda produces hydrogen ion in water as follows:



Fig. 7.12 : To know about the characteristics of salt

On the other hand, aqueous solution of sodium carbonate is alkaline and turns red litmus paper into blue. The reason behind this fact is, in water sodium carbonate produces sodium hydroxide and carbonic acid; sodium hydroxide is a strong base and dissociates completely in water whereas carbonic acid is a weak acid which does not dissociate completely in water. So number of hydroxide ion is higher than that of hydrogen ion in the solution. Therefore, the solution becomes alkaline and the colour of red litmus paper turns into blue.

$$NaHCO_3 \longrightarrow Na^+ + H^+ + CO_3^{2-}$$

Carbonate salts react with acid and produce a new salt, carbon dioxide gas and water.

$$Na_2CO_3 \longrightarrow NaOH + H_2CO_3$$

Almost all the salts are solid having high melting point and boiling point. Most of the salts are soluble in water. However, there are some salts such as calcium carbonate ($CaCO_3$), silver chloride (AgCl) etc. which are not soluble in water.

$$Na_2CO_3 + HCl \longrightarrow NaCl + H_2O + CO_2$$

$$CaCO_3 + H_2SO_4 \longrightarrow CaSO_4 + H_2O + CO_2$$



Individual Work

Task : Egg shell is mainly composed of $CaCO_3$ and it can be dissolved in acid. Immerse an egg in vinegar and add new vinegar cleaning at times. You will see that the hard eggshell getting dissolved has turned into a very soft egg.

7.4.2 Use of Salts

How do the kitchen vegetables or curry taste if they are cooked without salt? Probably it will be tasteless and many of us will discard it instead of eating. The salt which is making our dishes tasteful is none other than sodium chloride (NaCl) which is also known as table salt.

Other than kitchen vegetables or curry, many of our food stuffs including bread, pickles, chanachur etc. require salt for improved taste. To enhance the taste of food items, another salt known as tasting salt is used and it is sodium glutamate.

The soap we use for washing cloths is basically a salt named sodium stearate ($C_{17}H_{35}COONa$), whereas shaving gel or foam is another salt, potassium stearate ($C_{17}H_{35}COOK$). Moreover, soda used for washing cloth is also a salt and it is hydrated sodium carbonate ($Na_2CO_3.\ 10H_2O$). There are some salts such as blue vitriol ($CuSO_4.5H_2O$) and potash alum [$K_2SO_4.Al_2(SO_4)_3.24H_2O$] which have strong disinfecting power, and so, used for killing germs in many cases.

Use of Salts in Agriculture

It is known to you that soil acidity is neutralized by limestone ($CaCO_3$) which is a salt. Inorganic fertilizers such as NH_4NO_3, $(NH_4)_3PO_4$ etc. are applied as plant nutrients and they are salts.

Blue vitriol or copper sulfate is widely used in agricultural land to prevent harmful bacteria and virus. It is also very fruitful to control the growth of algae.

Industrial Use of Salts

In industry, salt is essential for many purposes. For example, salts are needed in leather industry for tanning leather, in industrial production of butter, to prepare soda for washing clothes, for producing baking soda, electrolysis of sodium hydroxide etc. Some salts such as $CaSO_4$, $HgSO_4$ and Ag_2SO_4 are used as catalysts in industry.

In textile and dye manufacturing industries, salt is essential to fix dye on fiber. Salt is required to purify metal in industry. Salt is used to separate rubber from latex in rubber industry. In pharmaceutical industry, salt is used for making saline and some other medicine. Salt is essential as a filler for manufacturing detergent. From the above discussion, it can be concluded that salts are playing very important role in different sectors as well as in our daily life and industry.

Group Work

Task: Preparation of Salt from Metal and Acid (Fig : 7.13)

Materials required: A metal (Mg powder or turnings), dilute HCl, 2 beakers, spatula/spoon, funnel, tripod, spirit lamp/burner, apron, filter paper.

Procedure: Wearing the apron, take 50 mL of dilute HCl in a beaker. Add 5-10 grams of magnesium powder/turnings with the help of spatula. Do you see any bubble? If there is no bubble, mildly heat the beaker putting it on the tripod. When the bubble ceases, add small amount of magnesium powder. If bubbles form, then continue the addition of magnesium in small amount until you see further bubble formation upon the addition of magnesium. Formation of no bubble indicates that HCl has been used up completely. After completion of the reaction, separate the



Fig. 7.13 : Preparation of salt from metal and acid

magnesium still intact with the help of funnel and filter paper and collect the filtrate in the second beaker. Heat the filtrate putting on tripod until the crystals of salt appear on the wall or at the bottom of the beaker. Stop heating and cool the beaker. What do you see? A lot of crystalline substance appears in the beaker. It is nothing but the crystals of magnesium chloride ($MgCl_2$) salt which is produced by the chemical reaction between magnesium and hydrochloric acid. The bubble observed was H_2 gas. $MgCl_2$ was dissolved in water, we have separated out this salt by evaporation of water.

Exercise

Multiple Choice Questions

1. Which is a weak acid?

a. HCl b. HNO_3

c. H_2CO_3 d. H_2SO_4

2. Upon the addition of sodium hydroxide to a colourless solution, it turns into violet. Which chemical is present in the solution?

a. Methyl red b. Methyl orange

c. Phenolphthalein d. Litmus solution

Read the following paragraph and answer questions 3 and 4:

Raji suffered from pain and swelling severely as ants bite on her foot. Her mother gave her a caramine lotion to apply on the wounded part. As a result she got relief from pain.

3. What is the cause of swelling on Raj i's foot?

a. Formic acid b. Oxalic acid

c. Acetic acid d. Citric acid

4. Lotion used on foot -

i. neutralizes acid

ii. is $ZnCO_3$ salt

iii. acid named melittin and apamin

Which of the following is correct?

a. i and ii b. i and iii

c. ii and iii d. i, ii, and iii

Creative Questions

1. Ontu prefers meat, oily food and chocolate. One day he had been suffering from indigestion after eating Biriani. His mother gave him a soft beverage to drink and he came round gradually. On the other hand, his sister Shoili, likes soya milk, soya butter, and fruits very much.

 a. Which acid is used for the preservation of pickles?
 b. What is meant by the term "weak acid"?
 c. How did Ontu come round? Explain.
 d. If you compare between the food choice of Ontu and Shoili, whose food is responsible for acidity? Explain.

2. Mr. Tuhin sometimes suffers from stomach upset. He went to a doctor who advised to check pH of stomach and arterial blood. Diagnosis report showed that the pH level in stomach and blood was 1.5 and 7.5 respectively. When he was returning home with the report, he went to buy a lotion of pH 5.5 for her daughter who is two months old. But the shopkeepers suggested him to buy another lotion.

 a. Write down the chemical formula of ammonium sulphate.
 b. Why is vinegar called a weak acid?
 c. Why did the shopkeeper prohibit Mr. Tuhin to buy the lotion of pH 5.5? Explain.
 d. Is the level of pH in Mr. Tuhin's blood appropriate? Give your opinion.

Chapter Eight
Our Resources



Soil is a very vital natural resource. It grows plants and produces crops. Our responsibility is to protect this natural resource from various types of pollutions. Soil is the source of many mineral resources including oil, gas and coal. However, such a valuable resource is constantly being polluted in different ways. So, we shall enrich our country by extracting minerals in one hand, on the other hand we shall be careful that our valuable resource is not wasted in this process.



At the end of this chapter, we shall be able to-

- Explain the characteristics of soil and land.
- Differentiate among different types of soil.
- Explain the structure of soil.
- Explain the necessity of knowing soil pH.
- Describe the reasons and effects of soil pollution and conservation strategy of soil.
- Explain the physical and chemical properties of minerals present in soil.
- Describe the use and conservation strategy of minerals.
- Explain the sources and structure of natural fuel.
- Describe the structure, processing, use and conservation strategy of natural fuels.
- Investigate the reasons and effects of soil pollution in the area where we live.
- Determine the pH of soil with the help of pH paper or acidity/alkalinity of soil with the help of litmus proper.
- Be careful in conserving our resources and make people aware as well.

8.1 Soil

8.1.1 Structure of Soil

Can you tell how is soil useful to us? At first, soil grows plants which give us food. Oxygen gas, essential for our respiration, is also obtained from plants. If there were no soil, plants could not grow and supply of food and oxygen would stop. Secondly, we build houses, offices, roads etc on soil. Moreover, a major part of usable water, essential for living, is coming from the bottom of soil. The major part of valuable energy resources (such as oil, gas, coal) is extracted from soil. Similarly, many useful minerals like gold, silver, iron etc. are also the gifts of soil.

Now let us know about the composition of such an important resource, soil. Soil is a mixture of various types of organic and inorganic chemical substances. The composition of soil varies in different areas. The substances present in soil are divided into four groups and they are minerals, organic substances, gaseous substances and water. All types of substances are present in the form of a complex mixture in most of the cases and cannot be separated from each other. Minerals present in soil are usually inorganic compounds.

The main minerals in soil are Calcium (Ca), Aluminium (Al), Magnesium (Mg), Iron (Fe) and Sodium (Na). A small amount of Manganese (Mn), Copper (Cu), Zinc (Zn), Cobalt (Co), Boron (B), Iodine (I_2) and Fluorine (F) are also present. Moreover, carbonate, sulphate, chloride, nitrate and organic salts of Calcium, Magnesium, Potassium and Sodium are also present in soil.

Organic substances present in soil are known as humus which is a complex substance formed by the combination of amino acid, protein, sugar, alcohol, fat, oil, lignin, tannin, and other aromatic compounds. Humus is blackish in colour. It is made from residue of dead plants and animals. Composition of soil is shown in the Figure 8.01.

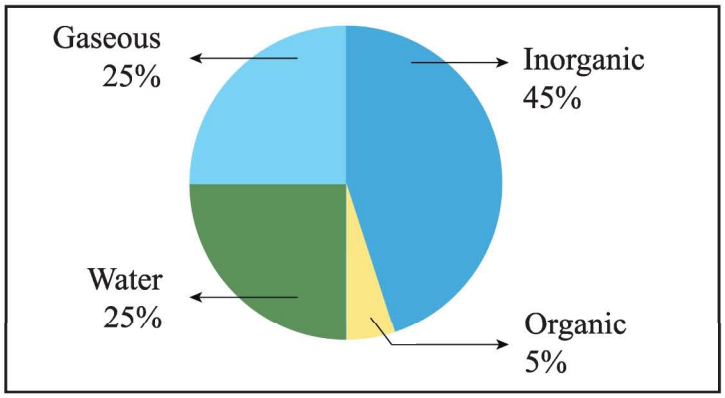


Fig. 8.01 : Composition of Soil

The role of water present in soil is very important, especially for plants. Can you imagine where and how water in soil is present? Water is present in the vacant spaces or pores among soil particles. The water retaining capacity of soil depends on the pore size. Do you know which of sand and clay can retain more water? It is clay, because the pore size is very small and fine and therefore retains more water. On the other hand, the pore size is much bigger in case of sandy soil which allows more drainage and therefore, its water retaining capacity is poor. In addition to pores or vacant spaces, water is also found in soil in absorbed condition. Humus present in soil is able to absorb and retain water which cannot be transported to plants easily.

Is there any problem if water is not present in soil? Yes, it may cause lots of problems. Consider what happens in desert area. Most of the plants, with few exceptions, cannot grow without water. You know that one of the important components of plant cells is protoplasm and 85-95% content of protoplasm is water which comes from soil.

Plants absorb a small part of water through stomata, however, major part of water, they need, comes from soil through root. Water, obtained from soil, is basically utilized for photosynthesis by which plants produce food for them and release oxygen for us. Important plant nutrients such as minerals, nitrogen, phosphorus etc. cannot be absorbed directly from soil. They are taken up through root and water acts as a medium here. So, if soil becomes water depleted, above mentioned nutrients cannot be transported to plants and their growth is severely hampered.

Now let us talk about gaseous substances present in soil. Along with water, the pores in soil may retain gaseous substances which are usually nitrogen, oxygen and carbon dioxide. Interestingly exchange occurs between the gaseous substances present in air and that in soil. This process is called soil aeration. Now the question is do the gases present in soil help anyway? Yes, they do. In soil there are different types of beneficial aerobic microorganisms which need oxygen for growth and survival and in fact, they cannot sustain in absence of oxygen. Oxygen also helps to convert water insoluble minerals chemically into soluble materials which can be transported to plants. In Figure 8.2, the soil particles, water and air are shown:

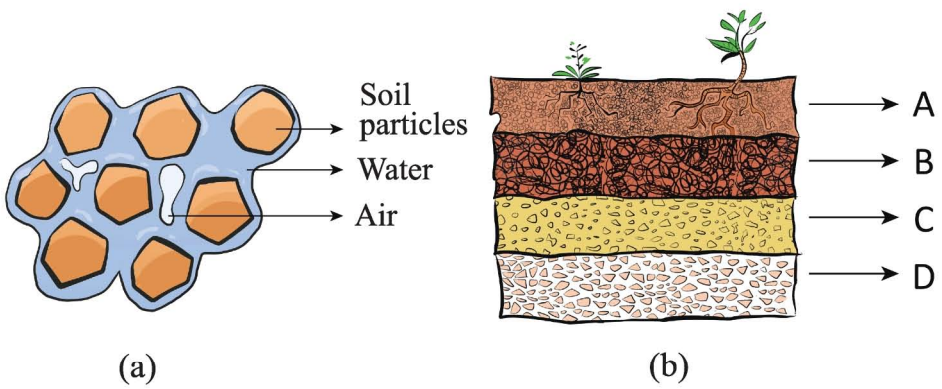


Fig. 8.02 : Composition of soil (a) and different layers of soil (b)

Do you think that the soil composition in all depth is identical? No, it is not. It is seen that soil is divided into four horizontal layers. Each layer is called a Horizon. The Horizon at the top is known as Horizon A or Top Soil. Biodegradation of dead plants and animals starts here and products of biodegradation, especially humus, and other organic substances stay in this layer. Minerals are not usually found in this layer, they penetrate to the layer below with the help of water. The soil in Horizon A is usually sandy.

The second layer is known as Sub Soil or Horizon B. Small amount of humus is found in this layer. However, this layer is full of minerals coming from the top soil.

The third layer of soil is called Horizon C. Soil is produced from rocks through a series of complex chemical reaction. Parent rocks gradually soften by chemical weathering and at a stage, convert to soil particles. Horizon C contains the soft rocks formed first from the hard parent rocks. This soft rocks although softer than parent rocks but much harder than soil particles. These soft rocks are later on converted into soil particles. Below the Horizon C, very hard parent rocks remain. The vertical structure of soil is shown in Figure 8.2.

8.1.2 Types of Soil

Do you think soils of all places are identical? No, they are not. Soil quality is different in different places. Based on soil composition, colour, water retaining capacity etc; soil is divided into four categories. They are sandy soil, silt soil, clay soil and loamy soil. Now, let us know about the characteristics of different types of soil.

Sandy Soil

A notable characteristic of sandy soil is its very low water retaining capacity. You can prove it yourself. Take a small amount of sandy soil and moisten it by adding a small amount of water. Now, try to make soil ball with your palms. Can you make a ball? No, you cannot. What do you observe? The soil crumbles and falls through the fingers.



Individual Work

Task : Take a small amount of sandy soil and add little water to it. Now, taking this sandy soil in your palm, try to make small round balls. You will not be able to do it, because sandy soil cannot absorb water even if water is added to it. If the soil could do it, water would cling to the soil particles and you would easily make small ball-like beads.

This is due to the fact that although the soil was moistened, it could not retain water. If it could, then you would be able to make a soil ball. Another important characteristic of sandy soil is that it has the largest particle size that lead to better aeration and higher drainage.

If you check in your own hand, you can clearly see that this type of soil is granular. Sandy soil consists of small rocks and minerals. Presence of humus in sandy soil favours cultivation. However, as the water retaining capacity is very poor, it results in higher drainage and due to over drainage, plants lack water particularly in summer. So the crops which need a huge amount of water do not grow well in sandy soil. However, when there is a heavy rainfall leading to water logging, sandy soil could be suitable for cultivation, because sandy soil does not cause water logging; therefore plant roots do not rot. The main problem of water logging in agriculture is rotting of plant root for which crop production is hampered.

Silt Soil

Water retaining capacity of this soil is higher than that of sandy soil. How can you identify silt soil? Take a small amount of moist soil. Rub in between your fingers. If it feels smooth and sticks to fingers, then it will be silt soil. Unlike sandy soil, silt soil is found to be the most fertile soil and size of soil particles is smaller than that of sandy soil. We all know about siltation on agricultural land. As the particle size is small, they can be present in water as suspended matter which at a stage, deposit as sediment on the land. Silt soil contains organic substances and minerals like quartz. Like sandy soil, it is also granular and contains a large amount of plant nutrients.

Clay Soil

Have you seen clay? The unique character of clay is its high water holding ability. They are sticky and stick to the surface. The soil particles in clay are very fine, and therefore, the air spaces/pores become too small and narrow. The drainage of water from clay is very low, and so water logging occurs easily upon rainfall. As a result, crops or plant roots rot. Crop production in clay requires organic fertilizers. Mineral content in clay is very high. This soil is used for making decorative handicrafts and even for making jewellery.

Loamy Soil

Loamy soil is created by the combination of sand, silt and clay. The properties of loamy soil depend on the proportion of sand, silt and clay. It has better water retaining capacity, at the same time, the drainage of water also occurs quickly. Therefore, loamy soil is very suitable for cultivation.

In addition to four types of soil discussed above, there are other two types of soil found in some places and, they are Peaty Soil and Chalky Soil. Peaty soil is basically formed due to accumulation of decomposed organic substances and so in this soil, the organic content is much higher than other types of soil. Usually this type of soil is available in swampy and marshy areas. The nutrient content in this soil is relatively low and that is why, it is not that suitable for cultivation. Chalky Soil is alkaline in nature and contains many stones. This soil dries up quickly and so it is not so good for crop production especially in summer. Moreover, the mineral nutrients such as iron and magnesium cannot be transported to plants from chalky soil.

8.1.3 Soil pH

Soil pH is very important for cultivation. You all know that by measuring pH we can easily assess whether a land is acidic, alkaline or neutral. Most of the crops grow well if the soil pH is maintained around 7.0. So before starting cultivation, we have to check pH of soil of the land and if it is found that pH is significantly lower or higher, then we have to take proper steps. You have already learnt what to do to adjust soil pH. There are some crops such as potato and wheat that result in the highest production at the pH range of 5-6. On the other hand, some crops like barly, grows well in alkaline (pH 8) soil. Hence, it is clear that soil pH is a very important parameter for cultivation.

8.1.4 Reasons and Effects of Soil Pollution

In chapter two, you have studied water pollution. Water and soil pollution are related to each other i.e. the sources or activities responsible for water pollution are also responsible for soil pollution. Now, let us see how soil is being polluted.

Soil Pollution by Industrial and Domestic Waste

How the solid waste is managed in our country? Solid waste is managed in our country either by landfilling or open dumping (discharging to dustbin or open places) in municipal areas. In rural areas, domestic waste is just discharged in nearby places. After disposal, wastes undergo biodegradation and turn into organic manure. Can you imagine what will be the effects of this kind of pollution? As the wastes produced from industries, contain a number of toxic chemicals such as Mercury, Zinc, Arsenic, Lead, Chromium, acids, alkalis, salts, insecticide etc. their harmful effects are also manifold. For example, Mercury and other metallic substances kill the beneficial microorganisms in soil leading to decreased soil fertility. Similarly, excess amount of salts, acids or bases result in significant damage to plants and crops. Proteins or amino acids present in the waste are decomposed by bacteria and produce toxic gases like hydrogen sulfide, sulphur dioxide and phosphorus oxide gas. Most importantly, due to soil pollution in this way toxic chemicals enter into human or animal body through food chain and could be a potential health risk. Finally this kind of pollution may lead to change the biochemical properties of soil which could be devastating for crop production.

Soil Pollution by Release of Radioactive Substances

Soil can be polluted by the radioactive substances released from nuclear power plants or nuclear weapon manufacturing industries due to accident or experiments. Radioactive substances like Radon, Radium, Thorium, Cesium, Uranium etc. not only damage the soil fertility but also cause cancer in skin and lungs of humans and animals. High dose of radioactivity kills plants too. Like other harmful substances, they also enter into animal body through the food chain and cause diseases.



Group Work

Task : Collect information about Chernobyl accident and make a report on its dreadfulness.

Soil Pollution due to Excessive Siltation

River bank erosion is known to all. Soil particles from river bank erosion or from other sources and other water insoluble substances can flow with water and at a stage, settle down as a sediment either at the bottom of waterbodies (rivers, lakes, heals or haors) or on the agricultural land. The sediments may contain lots of harmful substances. Excessive sedimentation on agricultural land leads to the formation of a layer on top soil which plays important role in crop production. As a result, crop production is hampered. The effects of sedimentation in waterbodies have been discussed in chapter two.

Soil Pollution by Mining Operation

Huge amount of soil is excavated during extraction of valuable minerals such as oil, coal and gas from ore by mining. As a result, crop production is hampered in vast areas and also soil fertility is lowered due to soil pollution. Even, due to soil erosion for mining, the wetlands in the surrounding area can be filled up leading to environmental degradation.

Most of the ores are found in forest areas. Therefore, mining operations destroy forest resources and that cause environmental degradation, which ultimately causes soil pollution in those areas. Moreover, accidents in mine especially conflagration, a common accident in mine, can destroy the productivity of soil in vast surrounding areas. In addition, excessive use of fertilizers, pesticides, herbicides, plant residue, animal excreta, even excessive use of improved technology may also pollute soil.

Do you think that human excreta, animal excreta, bird excreta cause soil pollution? Yes, all of them pollute soil because those excreta contain disease causing microorganisms which can be incubated in soil and later on spread among humans or animals and, finally result in severe health problem.

8.1.5 Strategy for Conservation of Soil

Soil is a very valuable natural resource. All of our fundamental demands including food, cloth, and medicine are dependent on soil directly or indirectly. Such an important resource for our survival is being corroded and its fertility is

decreasing due to varieties of reasons like strong wind/stormy wind, heavy rainfall, strong river current or river bank erosion etc. leading to soil erosion. Soil erosion not only decreases fertility but also destroys the soil completely.

Everyday we are eroding soil by deforesting and cutting hills for industrialization (such as brick kilns). You know that recently in Chittagong area, because of soil erosion due to cutting mountains, land slide has caused a loss of human lives and properties. If this kind of soil erosion is not prevented, it could be a potential risk for us.

How can we conserve soil by preventing soil erosion? One of the fruitful strategies to conserve soil is to plant trees more and more. If there is grass and shrubs or other plants planted on soil, then even heavy rainfall cannot erode soil. Roots of trees retain soil tightly. During harvest time, we should not uproot crops because roots kept in the field not only improve soil fertility but also reduce soil erosion.

Rainfall results in higher soil erosion in the places having steep slope. Therefore, steps can be taken to stop surface runoff through those slopes. But this is not so easy to do, in that case, a lot of grass and shrubs, dhoincha (Sesbania cannabina), bindweed and such type of plants can be planted to prevent soil erosion. In rural areas, domestic animals, like cattle, feed on grass and therefore, during grass collection, grass should not be uprooted. We can make people aware in this regard. Many a time it is seen that cattle, goat and sheep are let to graze in the field. Care should he taken so that these animels do not uproot the grass cover while grazing. Cutting trees in forest results in deforestation in vast area and leads to increased soil erosion. Therefore, without planting new trees, we should not cut trees in forest. Otherwise, soil erosion will not be prevented.

For cultivation, organic fertilizers should be used instead of chemical fertilizers, because the elements and humus present in organic fertilizer can absorb water. As a result, soil does not erode in temperate rainfall In addition, chemical fertilizers destroy the useful insects or microorganisms making the soil less fertile. If the same crop is cultivated in a land, its fertility decreases. So, various

crops should be cultivatied in the same land. How can we prevent river bank erosion? We can plant dhonicha, bindweed type of plant on the bank of rivers. If the rivers have strong current, then erosion can be prevented by putting sand bags or concrete blocks.

8.2 Common Minerals Obtained from Soil

Various materials such as salts, lead of pencil, talcum powder, dishes of china clay etc. Which we use in our life, are extracted from soil and rock. Most of them are available in solid state. They also have a definite chemical composition. So far, about 2500 different types of minerals have been identified in nature. Minerals could be both metallic and non-metallic. Among the metallic minerals, iron, copper, gold and silver are notable. Among the non-metallic minerals, quartz, mica and mineral salts are well known.

Do you think that coal, gas, petroleum etc. are minerals? Yes, these are organic minerals and will be discussed later in this chapter.

Use of Some Common Minerals

1.	Magnetite (Fe_3O_4)	In iron manufacturing
2.	Lime stone ($CaCO_3$)	In building construction, cement, glass, iron and steel production and to adjust pH of acidic soil
3.	Quartz (SiO_2)	In glass, sand paper, radio and watch production
4.	Silver (Ag)	To make jewellery and metallic coins
5.	Mica	As insulator in electric appliances
6.	Gypsum ($CaSO_4.2H_2O$)	As raw materials of cement and Plaster of Paris
7.	Metal pyrites	To manufacture metal and sulphur
8.	Gold and Diamond	To make jewellery
9.	Gas, Coal, Petroleum	As fuel in cooking, transport, industry, power plants

Physical Properties of Minerals

Minerals are usually crystalline. There are many minerals whose chemical composition is identical but their crystal structures are different. So, their physical properties are also different. For example, graphite and diamond; although both the minerals are composed of carbon, due to structural difference, graphite is softer (used in pencil as lead) whereas diamond is the hardest of all minerals known so far. You know that minerals are usually solid and they differ in hardness. Minerals of higher hardness can scratch the minerals of lower hardness easily; however, vice versa is not possible. According to hardness, talc is the softest mineral which is used for manufacturing talcum powder. On the other hand, diamond in the hardest mineral as stated above. Most of the minerals have characteristic luster. Metallic minerals such as metal pyrites show lusture similar to metal. Although diamond is a non-metal, its unique lusture is well known.

Some minerals such as quartz are transparent and light can pass through them. There are some minerals which are transparent but other objects cannot be seen through them whereas some minerals, such as calcite or lime stone are not transparent and do not pass light through them. Usually each mineral has characteristic colour and, therefore, can be isolated from others easily. Most of the minerals possess cleavage which indicates the shapes of fragments to be produced on fracture. Majority of the minerals have specific gravity in the range 2.5-3.5 with few exceptions.

Chemical Properties of Minerals

Chemical properties of minerals depend on the chemicals present in it.

8.3 Sources of Natural Fuel in Bangladesh

What are the natural fuels that we use? The major natural fuels we use are natural gas, coal and petroleum. In addition, scrub wood, tree leaves, jute stick, rice husk, cow dung are also natural fuels used in cooking. Now, let us discuss widely used natural fuels in detail.

8.3.1 Natural Gas

Do you know what is actually present in the gas that we burn in our kitchen in oven or we load in cylinder from CNG pump station? These are nothing but natural gas which is basically methane gas (CH_4). However a small amount of other substances such as ethene, propane and butane are also present in natural gas. Moreover, it also contains a very small amount of carbon dioxide, nitrogen, and hydrogen sulfide, hydrogen, oxygen and helium.

How natural gas are formed? There are different theory regarding formation of natural gas. According to the mostly accepted theory, they are formed from dead plants and animals in the ancient seas/oceans hundreds of millions of years ago. The organic matter present in plant/animal body accumulated on the bottom of the seas and decomposition occurred by the action of bacteria. Sediments of sand and mud on those organic deposits created conditions of high temperature and pressure that resulted in loss of oxygen. In this way, with increasing burial

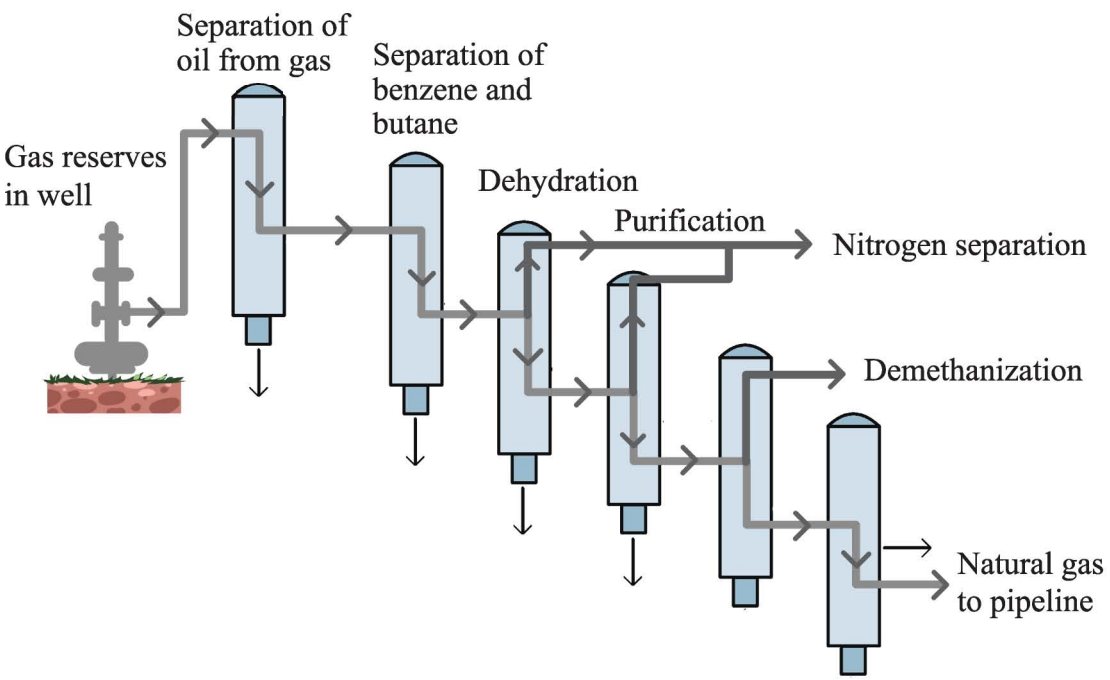


Fig. 8.03 : Processing of natural gas and petroleum

compaction, varieties of hydrocarbon molecules were formed. Natural gas and petroleum are composed of those hydrocarbons. The gas reserves formed in this way is called gas well.

Processing of Natural Gas

Processing of natural gas and petroleum is a complex industrial process which is carried out in several steps (Fig : 8.03). Usually processing begins at the gas well. Steps in processing depend on composition of the fuel. Usually in gas well, gas and petroleum are found together. So, in the first step, petroleum oil is separated from gas. Then benzene and butane present in gas are compressed and separated. To remove water from the gas, it is passed through a dehydration column. After that the impurities (H_2S, CO_2) present in the gas are removed. The gas mixture obtained at this stage contains nitrogen which is separated. After separating nitrogen, the gas obtained is pure and it is transported through pipeline.

Use of Natural Gas

We utilize natural gas for many purposes. One of them is in the production of urea. Approximately 21% of natural gas is used as a raw material for urea fertilizer in Bangladesh. Do you know that in our country, majority of electricity is produced from natural gas? About 51% of natural gas is utilized for producing electricity whereas 22% is consumed in industry, 11% in domestic purpose and 11% as fuel. About 1% of natural gas is used in commercial organization as non-energy use, rest 5% is system loss. In Bangladesh, natural gas has been used as a fuel in vehicles since 2003.

Limitation and Conservation

Do you think that the natural gas reserve we have is unlimited? No, it is not. We have a definite and a limited amount of gas reserve that will be depleted gradually after certain period due to consumption. Therefore, we have to be aware of using this valuable resource, we should not waste or misuse it anyway. You may have observed that some people keep their kitchen oven on all day long in their home unnecessarily and misuse such an important resource which is highly objectionable. In this regard, we must raise awareness among our family members and other people in our community.

8.3.2 Petroleum

Petroleum: Petroleum includes all liquid fuels including propane and butane. Natural gas and petroleum are found together in ore. Although propane and butane are gaseous substance in normal condition (25°C and 1 atmospheric pressure), they are compressed to liquid at higher pressure and that is why, they are included in petroleum. Gasoline, diesel, and kerosene are also petroleum.

Processing of Petroleum

The crude petroleum , obtained from oil field, is a mixture of various types of hydrocarbons and impurities like sulphur and, in most of the cases, it is not suitable for using directly. So the refining of crude oil is required. Crude oil is refined by fractional distillation by heating at 400°C.

Use of Petroleum

The major part of petroleum is used as fuel in vehicles. Substantial amount of petroleum is used by diesel engine for many purposes including irrigation. In addition, petroleum is used in industry such as fertilizer, pesticide, coal tar, lubricant, grease etc.

8.3.3 Coal

Coal is a readily combustible black or blackish brown sedimentary rock. The main chemical element in coal is carbon (C). Based on geographical location, coal contains variable amount of hydrogen, sulphur, oxygen and nitrogen in addition to carbon. Since coal is burnable, it is widely used as a fuel.

Although coal is a fossil fuel like natural gas and petroleum, the structure of coal is different from that of natural gas and petroleum. Coal was formed from the decay of huge fem, shrubs, algae and other plants that grew in swampy and marshy land 350 million years ago. The carbon present in organic substances of plants accumulated on the bottom of the wetlands. The carbon layer accumulated in this way was buried under the sediment of silt and mud and became anaerobic gradually. Initially the carbon layer decayed to a wet, spongy, porous and humus like material called pit. Later on, with increasing burial compaction that lead to high pressure and temperature, water was completely removed and pit was converted into carbon enriched coal.

There are three types of coal and they are: Lignite coal, Bituminous coal and Anthracite coal. Anthracite is the oldest and hardest coal which formed 350 million years ago and it contains approximately 95% of carbon. Bituminous coal is 300 million years old and the carbon content in this coal is 50-80%. Lignite coal is 150 million years old and it contains maximum 50% of carbon.

Processing

Coal is extracted from mine with the help of machines. There are two methods for coal mining. One of them is Open Pit Mining and the other is Underground Mining. Usually layers of coal occur near to earth surface and that is why open pit mining is mostly used. After extraction from the ground, coal is transported to the processing plant by a conveyor belt and impurities such as dirt, rock particles, ash, sulphur etc. are removed from coal.

Use

Do you know where coal is used? In Bangladesh, coal is mostly used in brick kilns as a fuel. Small amount of coal is used as a fuel in industry and residential purposes. Although coal is not used much for producing electricity in Bangladesh, most of the countries in the world use coal for that. In addition, coal is used in hotels and restaurants to make smoked food items such as Kabab and Barbeque. Goldsmiths and Blacksmiths use coal as a fuel to melt metals.

Use of Renewable Fuel to Conserve Natural Fuel

All the natural fuels discussed above will exhaust one day. Therefore, we should increase the use of renewable energy to reduce the use of natural fuels and preserve them. We can use solar energy, wind, water current etc. to minimize the pressure on natural fuels. Thus, we can preserve natural energy for our future generation.

Exercise

Multiple Choice Questions

1. Which one is the softest mineral?

a. Diamond b. Talc

c. Silica d. Lime stone

2. Soil of the subsoil layers

i. Full of rock particles

ii. Enriched with mineral

iii. Enriched with organic substance

Which of the following is correct?

a. i and ii b. i and iii

c. ii and iii d. i, ii and iii

Near the nuclear power plants in Tokyo, no plant grows well other than mushroom.

3. Which is abundant in that soil?

a. Rocks b. Minerals

c. Organic substances d. Radioactive substances

4. In which soil crop production will be good?

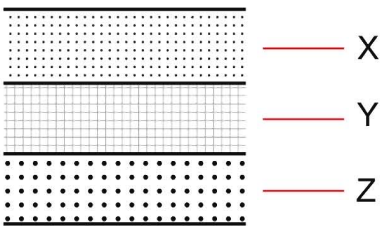
i. Soil containing sand and minerals

ii. Soil containing minerals

iii. Soil containing sand and silt

iv Soil containing sand, silt and clay.

Answer questions 5 & 6 from the following pictures:



5. Which layer contains rock particles?

i. X Layer ii. Y Layer
iii. Z Layer iv. Layer below Z

6. Crop production is good in the top most layer because this soil-

i. Contains organic substance
ii. Contains minerals
iii. Contains rock particles
iv. Contains microorganisms

Creative Questions

1. Soil in the area where Bokul lives contains rocks and minerals. The size of soil particles is big. Water drainage is very fast. On the other hand, soil in the area where Shaheen lives has small particles but enriched with organic and mineral substances.

a. What is aeration?
b. How does Horizon form?
c. Explain the type of soil in Bokul' s area.
d. Soil of which area will result in better cultivation? Justify your opinion.

2. See the figures below and answer the questions



Fig. A


Fig. B


Fig. C

a. What is petroleum?
b. What is meant by "fossil fuels"?
c. How the fuel in Fig.A is processed to make it suitable for use? Explain.
d. To produce energy shown in Fig.B which one is economical between A and C? Justify your answer.

Chapter Nine

Living with Disaster



Natural disasters like flood, cyclone, drought and so forth are very common in Bangladesh. The irreparable loss of lives and properties created by these types of disasters is the main stumbling-block for the development of our economy. These disasters have become terrible at present because of different types of human interference on nature.



At the end of this chapter, we shall be able to-

- Analyze the effects of climate change in Bangladesh and other parts of the world.
- Explain the cause of environmental problems.
- Describe the causes, prevention, strategies and immedite measures to be taken.
- Analyze the importance of standard and improved environment to lead a healthy life.
- Explain the importance of conservation of nature.
- Describe different ways of natural conservation.
- Carry out an investigation on problems and challenges for maintaining standard and improved environment in our area.
- Make posters on prevention of disasters and response after disasters.
- Make poster for creating social awareness on conservation of nature.
- Take steps to build social awareness for conserving environment.

9.1 Effects of Climate Change

9.1.1 Bangladesh Perspective

You have already learnt about the causes of weather and climate change. Now, let us know about the effects of climate change. The effects of climate change have already become visible in Bangladesh and these are as follows:

Seasonal variation

Bangladesh is a land of six seasons and each season had its own characteristis. A remarkable change is going on regarding seasonal cycle because of climate change. Though Ashar and Shraban make rainy season, heavy rainfall is occurring in the month of Ashwin and this is causing untimely flood. On the other hand, winter is getting shorter day by day.

It is also noticeable that summer has become hotter and sometimes at day time temperature reaches upto 45°-48° C in some parts of the country. Similarly, winter temperature especially in the northern part of the country becomes very low. Some people die because of this unusual and extreme weather condition.

Flood

Flood is a common annual phenomenon in Bangladesh, a land of river. In many cases it is beneficial because flood results in siltation on agricultural land and increases its fertility leading to better crop production. However, nowadays, due to climate change, frequent and devastating floods are occurring. Such destructive floods occurred in the past also but they were less frequent. In 1988, 1995, 1998 and 2005 catastrophic floods caused a huge loss to lives and properties. Consequently, the whole economy of the country is being affected. Even the areas like Dhaka, Jessore which usually are not flood-prone, being inundated currently.

River Erosion

Erosion of riverbank is a normal incident in Bangladesh (Fig : 9.01). However, recently it has been intensified. As a result, a large number of people are losing there houses and becoming poorer day by day. Also, a large amount of

farmland is lost in rivers and it is a serious problem for this over populated country. People who are losing there homes are leading inhuman life like nomads or in slums of towns and cities. From a study, it is seen that in last three decades, about 180,000 hectares of land have been engulfed by only three big rivers- the Padma, the Jamuna and the Meghna.



Fig. 9.01 : River erosion

Droughts

As Bangladesh is an agricultural country, drought is a very important issue here. Global warming is the main reason for climate change for which global temperature will increase and that will certainly affect rainfall severely. In some regions, rainfall will be extremely low leading to drought. Drought, caused by climate change, may hamper crop production in Bangladesh.

Salinity of Water

You have already learnt in chapter two that due to global warming leading to global climate change, sea level will rise and a significant part of Bangladesh will go under water. As a result, sea water will intrude to main land and the salinity of surface water, ground water and agricultural land will increase. In that situation, there will be scarcity of water in one hand, on the other hand, due to increased salinity cultivation will be hampered. According to recent data, about 830,000 hectares of land in south-western part of Bangladesh has already become unsuitable for cultivation. Therefore, due to climate change leading to increased salinity in water, Bangladesh will be in a great risk regarding food security. As per expert opinion, 30% of food production will be reduced by 2100, whereas 8.8% of rice production and 32% of wheat production will be reduced by 2050 due to climate change.

In Bagerhat, Khulna and Sathkhira Districts in south-western part, about 13% of agricultural land has already been affected by saline water and that could reach 16% by 2050 and 18% by 2100.

Threats to Coral Population

Sea coral is very sensitive to temperature. Usually 22-28°C temperature is suitable for their survival. An increase in 1-2°C temperature works as a severe threat for coral. According to data obtained from a recent study, in the year 2010, approximately 70% of coral population in Saint Martin Island in Bangladesh has been depleted compared to that in 1960. It is to be mentioned that in addition to increase in temperature of water, lack of proper and planned management is also responsible for depletion of coral.

Forest

Only mangrove forest in Bangladesh is the Sundarbans which is not only full of biodiversity but also a very valuable resource for us. It is very important for our economy. Moreover, the Sundarbans works as a protection embankment to prevent natural disasters such as cyclone, hurricane etc in that area. Recent cyclone Sidr, damaged a large part of the Sundarbans. From a computational study, it is seen that, if the sea level rises by 45 centimeter, around 75% of the only mangrove forest will submerge in water and if the sea level rises by 100 centimeter, then the whole forest and biodiversity there will be lost.

Fish Population

The old saying, "Bangali with fish and rice" is not true today. In Bangladesh, a land of rivers, fish is not abundant now in many rivers as before. Due to climate change, fish habitats, food collection and many physiological processes are disturbed, even they may die. Many fish species and particularly fish fries cannot survive if water temperature is more than 32°C. As the higher temperature (35°C) favours the growth of pathogenic bacteria, higher water temperature spreads infectious diseases resulting in epidemic fish death. Besides this, due to saline water intrusion, fresh water fish cannot survive.

Health Risk

Climate change has been resulting in frequent natural disasters such as devastating floods, cyclones etc. which cause severe water pollution. As a result, water borne disease like cholera, dysentery, diarrhoea etc. spread to a great

extent. Untimely flood and droughts hamper food production leading to food crisis, even it may lead to famine which will cause extreme health risk. Like water temperature, air temperature will also increase. As a result more germs will grow and transmission of diseases will increase. In Bangladesh, we never heard about the disease like Anthrax before. However, in some districts particularly in Sirajgonj and Pabna, in rainy season, anthrax has been found to be spread and, both people and domestic animals (especially cattle) are infected for the last few years. According to the opinion of veterinarians and dairy farmers, although anthrax in human can be treated, infected animals cannot survive. Due to climate change many deadly pathogens like anthrax may grow.

Biodiversity

Biodiversity is a very important factor for ecological balance. It is estimated that due to climate change, about 30% of biodiversity will be lost in Bangladesh.

Cyclone

Natural disasters like cyclones will be more frequent and devastating. We will discuss it later in this chapter in detail.

9.1.2 Global Perspective

IPCC (Intergovernmental Panel on Climate Change) is the body which has been formed to evaluate the effects of climate change. According to their fourth evaluation report (AR4), the effect of climate change is very severe and that is intensifying day by day. The average global temperature in last 100 years has been increased approximately by 0.74°C. During 1961-2003, sea level has risen 0.18mm/year. The ice/snow deposit on mountains has already started to decrease. Summer in last 11 years out of 12 years was very hot from 1995-2006. According to AR4, in next two decades, atmospheric temperature may increase by 0.2-0.3°C/every 10 years. It is assumed that by 2100, the average global temperature may rise by 1.1-6.4 °C. At the same time, the availability of water will increase in moist tropics and high latitudes, and decrease in mid latitudes and semi-arid low latitudes.

By 2080, sea level may rise by 34 cm, as a result many low lying countries including Bangladesh will be submerged in water. Do you know that part of Maldives and India has already been submerged in water?In recent years, natural disasters such as cyclone, typhoon, hurricane etc. have been more frequent and will intensify in future. Devastating super storm Aila, Sidr, Hurricane Nargis, Katrina and Sandy are well known to all of us. Such disasters may be more frequent and intense.

9.2 Environmental Problems

Almost all countries in the world including Bangladesh are now having lots of environmental problems. Can you realize these kinds of problems? One of the most important environmental problems is population growth which is also responsible for many other environmental problems. Do you know the total population in the world? It is approximately 6.6 billion. By 2050, the world population will reach approximately 10 billion with the present growth rate. From a study, it is seen that, after 1950 about 80% of the forest was lost due to increase in population. At the same time, thousands of plants and animals were destroyed. In Bangladesh, due to increased population, thousands of acres of agricultural land are lost. This is quite logical because with the increase in population, all the basic demands like food, housing and clothing increase creating pressure on employment. To cope up with the increasing pressure for employment, new industries are set up leading to loss of agricultural land and forest. To supply large amount of fish to the increased population, increased amount of fish is caught leading to decrease in fish population in the rivers sharply nowadays. The saying "Bangali with fish and rice" has become a fairy tale.

In 1991-92, the total food production in Bangladesh was about 19.32 million metric ton which raised to 30 million metric ton in 2007-2008. In 2010-11, it reached 40 million metric ton. In 20 years, food production has been doubled, however, every year we are facing food deficiency, and we are to import 3 million metric tons of food grain every year. And for that we have to spend a

substantial amount of foreign currency hampering our economy. Do you know what the population of Bangladesh in 1991-92 was? It was about 100 million and at present, it is more than 150 million. If the population growth were much less, Bangladesh could be self sufficient in food grain production. Large amount of foreign currency could be saved and it might be utilized for infrastructure development. We all need to be careful and also have to make people aware of controlling our population growth.

Why and how the population increases? Increase in population basically depends on birth rate and death rate. Usually the birth rate is higher than death rate and that is why population increases. There are two other factors controlling the growth rate and they are expatriation and immigration. Expatriation results in the decline of population, while immigration increases it. The prime cause of population growth in our country is that birth rate is much higher than death rate.

Another important environmental problem is urbanization which is also related to increase in population. Due to increase in population, a significant part of rural people are migrated to urban areas. At the same time, population growth in urban areas is not that low. Due to migration of rural people and population growth, the residential crisis is becoming extreme in urban areas. As a result, unplanned urbanization is going on destroying the agricultural land and wetland in surrounding areas. Due to lack of proper waste management, water supply system or other facilities, residents in those areas are in deep trouble.

9.2.1 Global Warming

You have already learnt about global warming. Do you know the reason behind this? The reason behind this is nothing but the effect of increased Green House Gases (GHGs). There are several GHGs which are carbon dioxide, ozone, methane, CFCs, nitrous oxide and water vapour. The amount of these gases is increasing in the environment gradually. Now the question is how are they increasing? The main sources of these gases are vehicles, industries, power plants, refrigerator, air conditioner etc. In addition, some natural events like volcanic eruption, forest fire, natural decomposition of plants are also

responsible for releasing GHGs. Due to increase in population, demand of vehicles, industrial development and electricity are going up resulting in higher emission of GHGs. On the other hand, due to increase in population, forests are also destroyed leading to lower absorption of carbon dioxide by photosynthesis. Therefore, the amount of CO_2 is increasing gradually in atmosphere. If the emission of the green house gases is not reduced, the atmospheric temperature will increase significantly (Fig : 9.02) and that will change the global climate. You have already studied the effect of global climate change in this chapter previously.

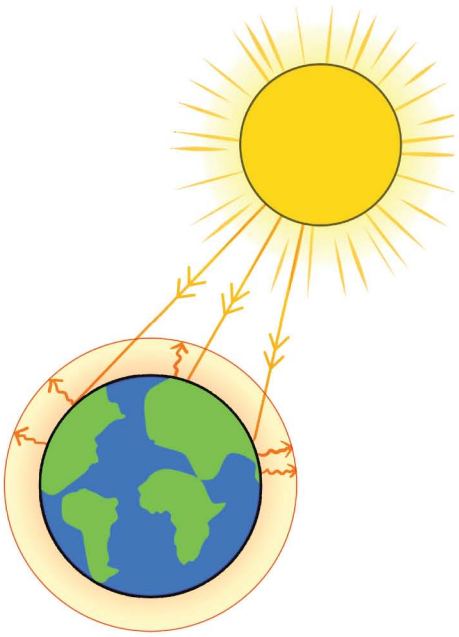


Fig. 9.02 : Green house effect

9.2.2 Carbon Pollution

Carbon pollution basically means increase of CO_2 in the atmosphere and you have studied that in the previous section.

9.2.3 Deforestation

Deforestation is a severe environmental problem and it is also linked with population growth. Due to increase in population demand for housing, road construction, foods, cloths increases and all these basic needs are directly or indirectly related deforestation.

9.3 Reasons behind Disasters, Prevention, Strategies and Remedies

9.3.1 Flood

Flood (Fig : 9.03) has become a regular natural disaster for the reverine Bangladesh. Almost every year, a substantial amount of crops, livestock and other resources are damaged in some parts of the country and very often, it becomes disastrous. In Bangladesh, floods in 1974, 1987, 1988, 1990, 1995, 2004 and

2007 caused irreparable damage. In 1974, the damage was so severe that it resulted in a famine. Now the question is what are the causes of floods? There are several complex reasons for floods. One of them is water holding capacity/navigability of rivers. Due to river bank erosion, mismanagement of waste etc. sediment is deposited in the river beds. As a result, heavy rainfall or flash from upstream easily causes flood. Moreover, due to the effect of monsoon wind resulting in high tide in the Bay of Bengal, water flash coming from upstream cannot enter into the Bay and results in flood in surrounding areas. Besides these, a major part of Bangladesh is plainland and therefore, rain water cannot flow quickly; instead it becomes stagnant resulting in water logging that may cause flood. Sometimes, cyclones created in the Bay of Bengal result in water surge to the main land that cause flood especially in coastal area. Flood caused by cyclones Aila and Sidr in south western coastal area is well known to all of us.

Now, let us discuss prevention strategies, remedies and responses regarding flood. As we discussed before, one of the reasons for flood is sedimentation in river beds, so we have to dredge the rivers so that the water holding capacity/navigability increases. In that case, heavy rainfall or water flash from upstream cannot cause flood easily. Flood is controlled in many countries in South Asia including Bangladesh by Flood Control Embankment.



Fig. 9.03 : Flood

Since 1960, 8000 km flood control embankment has been built in Bangladesh so far. However, due to damage in the embankments in different parts of the country, particularly in Sirajganj district, a large area is being flooded every year and it happens basically due to lack of skills and corruption of the concerned department and officials.

River training can be an effective measure to control flood. River training covers flood control by putting stone, cement blocks, sand bags, wood, bamboo stack etc. Moreover, tree plantation on the bank of river, construction of sluice gate etc are also parts of river training.

Flood Forecast and Warning

The damage caused by floods can be reduced by disseminating flood forecast and warning. But there are many (58) rivers in Bangladesh including the Ganges, the Brahmaputra and the Meghna originated in India, Nepal and Bhutan. Therefore, accurate flood forecast cannot be given due to lack of data. In that case, regional co-operation must be developed with those countries so that the data related with those rivers can be collected and steps can be taken based on those. To minimize the flood damage, legal action may be taken to stop establishments in low-lying areas to use and control land. Regarding effective flood control and responses, increase of public awareness works as a helpful tool, and so, steps must be taken to build increased public awareness. One way to adapt with flood is to build shelter or storage facilities, construct roads, establish markets, schools, mosque, graveyard etc. in elevated place. During flood, most of the roads are inundated; in that case, arrangement of boats can be a great help to adapt with flood.

Prior preparation for flood could be a part of the strategies to face flood. If a large population is affected by flood and if prior preparation such as adequate food storage and supply, drinking water, medicine etc. cannot be delivered, the effects could be disastrous. When an area is flooded, usually people suffer from unemployment; particularly poor people have to suffer much. So, for their rehabilitation, adequate funds must be arranged.

9.3.2 Drought

Drought is a severe natural disaster when moisture in soil reduces to zero, and so plants/crops cannot grow. In England, if the rainfall is less than 0.25 mm for consecutive two weeks, the condition is called absolute drought and if it is not higher than 0.25 mm for four consecutive weeks, the condition is called partial drought. In Russia, a period of 10 days with a total rainfall not exceeding 5 mm is considered as a drought. In the USA, if there is not at least 6.24 mm rain daily for consequtive 30 days, it is regarded as drought. Drought is a severe natutal disaster (Fig : 9.04). It results in reduced crop production which may cause famine.



Fig. 9.04 : Drought

Due to drought, scarcity of animal feed becomes acute, agro based industries are hampered which becomes a great threat to employment. Soil fertility decreases due to drought and for long lasting drought, socio-political unrest occurs. Several north-western districts of Bangladesh (Rajshahi, Nowabganj, Dinajpur, Bogra, Kushtia, Jessore and Barisal) are vulnerable to drought. In Bangladesh a devastating drought occurred in 1978-1979 and the damage in that drought was more than that caused by the flood in 1974.

Why drought occurs? There are several reasons for occurring drought which are-prevalence of dry weather for a long time and insufficient rainfall are basically responsible for causing drought. This kind of condition exists when evaporation and perspiration are higher than rainfall. Due to unplanned urbanization, deforestation and increased greenhouse gas, atmosphere is gradually becoming drier and drier, which disfavours the formation of cloud by condensation and, therefore results in reduced precipitation. Recently for drought in Bangladesh, El-Nino created in East Pacific Ocean is being considered to be responsible.

Another reason for drought is unplanned and excess groundwater pumping by deep tube wells. Because of this kind of activity, underground water table is going down abruptly and as a result, the soil in the upper layer becomes dry. In addition, diversion of river water flow, withdrawing water from upstream by upper riparian, depletion of ozone layer etc. are also responsible for causing drought.

How can we prevent and adapt with drought? As lack of water in soil is basically the reason for drought, the effective way to face drought is to increase the supply of water in soil. As said before, diversion or withdrawal of water by upper riparian, India, causes drought in Bangladesh. Therefore, that kind of activity should be stopped by bilateral agreement. Previously, India utilized water of the Ganges river unilaterally but according to the Water Sharing Treaty of 1996 Bangladesh is now getting equitable amount of water. Water sharing of other trans-boundary rivers like Teesta could be solved in the same way.

There are some crops such as wheat, onion etc. that can grow in soil containing low moisture. Drought affected people must be encouraged to cultivate these types of food crops. At the same time, they should be discouraged to cultivate crops like, IRRI requiring huge amount of water.

To face drought, the common people must be motivated to dredge rivers, lakes, heals etc. to hold water to use during drought. In developed countries, the efforts to make artificial rainfall to adapt with drought have not been successful.

9.3.3 Cyclones

The word cyclone came from a Greek word "Kyklos" which means coil of snakes. It is seen from the satellite picture (Fig : 9.5) that wind with very high speed is whirling like a coil, i.e. due to depression, when wind with very high velocity travels in a circular motion, it is termed as cyclone. Cyclone is known as Hurricane in the USA, as Typhoon in Far East and as cyclone in South Asia.

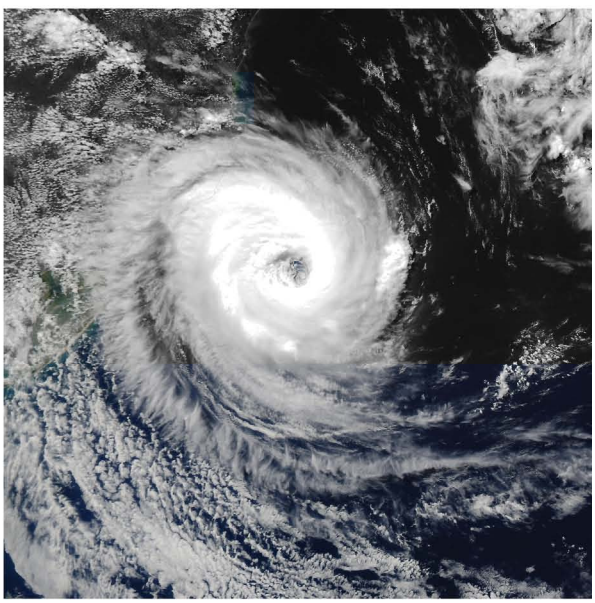


Fig. 9.05 : Cyclone

Due to Geographical location of Bangladesh with the Himalayas in north, the Bay of Bengal in south and funnel shaped coast line, it is vulnerable to cyclone. Since 1960 about 50 cyclones have attacked Bangladesh so far. Among those cyclones of 1960, 1961, 1963, 1965, 1970, 1985, 1991, 2007 and 2009 were very destructive. However, cyclone of 1970 is considered as the most devastating one, where 5 lacs of deaths were recorded. In cyclone of 1991, approximately one lac and forty thousand of death were recorded. In the super cyclone Aila and Sidr of 2007 (Fig : 9.06) and 2009, 10,000 and 7,000 deaths were recorded respectively. Moreover, millions of people became homeless for those cyclones. The economic loss in those two cyclones was US$1.7 billion and 600 million respectively.



Fig. 9.06 : A cyclone affected area

Causes of Cyclone and Remedies

Cyclones originate in oceans. So, it is very difficult to know in detail how it forms. However, it is clear that two reasons play roles in creating cyclone and they are high temperature and depression. For the formation of cyclone, the required ocean temperature is more than 27°C. Unfortunately this temperature prevails almost all over the year in the Bay of Bengal. As the temperature lowers, it results in more rainfall leading to release of latent heat, which ultimately increases precipitation. Due to released latent heat, atmospheric temperature also increases and atmospheric condition becomes unstable and depression/low pressure is created. In this situation, wind from surrounding area moves to the center of origin and for the existence of increased temperature, the wind moves upward in a circular motion creating cyclone. Wind speed of cyclone formed in this way, is usually very high and if the wind velocity is 63 km/hour or more, then it is considered as cyclone. The strongest cyclone ever hit Bangladesh is the cyclone of 1991 when the wind speed was 225 km/hour.

Now the question is what can be done to protect us from cyclone or what are the remedies for it? Cyclone has strong damaging power; even relatively a weak cyclone could be equivalent to thousands of Nuclear Bomb of megatons regarding energy.

Moreover, it is a natural hazard where we have no control and therefore, it is almost impossible to prevent it. Very recently in USA, a way to reduce wind speed of cyclone during storm by spraying silver iodide has been discovered. However, due to varieties of limitations, it is not being used widely. In addition, by spraying oil or other chemical in ocean, the intensity of cyclone may be controlled by reducing evaporation. However, in a poor country like Bangladesh, this kind of solution may not be feasible.

So what would be the solution? At first, we have to strengthen the weather forecast and warning system and also take steps to minimize loss to lives and properties. One of the most dangerous aspects of cyclone is it results in water surge. Therefore, strong shelter centre in high land must be built. People who are living in low land must be taken to the safer places. To prevent the water surge, coastal embankments must be constructed. At the same time a lot of trees can be planted in those areas to minimize the loss.

We must have prior preparation to cope with cyclone. There are some programs run by Ministry of Disaster Risk Management and Relief of Bangladesh Government and Red Crescent Society for the preparation. Under these programs, about 32000 volunteers are working for increasing public awareness and this activity needs to be strengthened further. In 2017, Cyclone Mora hit Bangladesh but due to taking timely proper steps, only seven people died then.

Tornado or Norwester

A very familiar natural disaster in our country is tornado or norwester. Usually norwesters occur within April to May. Generally, clouds gather in the north west direction and within a short while norwester begins. In this storm wind velocity may range from 55 to 80 km/hour. If the wind velocity of a storm exceeds 100 km/h, it is called tornado. Besides Bangladesh, tornado hits many countries including America, Australia and Russia. Besides Bangladesh tornado also hits in USA, Australia and Russia among other countries. The most harmful aspect of Tornado is that it results in severe damage abruptly within very short time. The word "Tornado" originated form a Spanish word "Tornada" which means thunder storm. Like cyclone, in case of Tornado, high speed wind flows in a

circular motion and damages everything on its way. Wind speed in case of Tornado is generally higher than that of cyclone and it is usually in the range of 480-800 km/hour. The width and length of the Tornado is just few meters and 5-30 km respectively. The basic difference between cyclone and Tornado is that cycloneforms in the ocean and hits in coastal area whereas Tornado may form and attack in any place. Like cyclone, creation of depression/low pressure is also responsible for Tornado. Due to depression, warm air goes upwards and to fill that vacant space, cool air from surrounding areas moves to that place with high speed and as a result, Tornado is created. A devastating Tornado hit in Bangladesh in 1989 in Saturia of Manikganj district. Due to that attack, everything on the way of Tornado was demolished. In Bangladesh, usually Tornado is created in the month of Bioshakh (April-May) and that is why, it is also called Kalboishakhi. Since 1975, about 104 Tornado hits every year in Bangladesh. In the history of Bangladesh, the most disastrous Tornado attacked was in Demra thana in Dhaka district in 1969. Wind speed of that Tornado was 644 km/hr. As forecast and warning cannot be given in case of Tornado, so steps for preparedness cannot be taken. Therefore, quick supply of relief and rehabilitation in affected areas are the solutions to adapt with Tornado. In this case, measures must be taken by a co-ordination between government and non-government organization.

9.3.4 Tsunami

Tsunami is a Japanese word where "Tsu" means port and "nami" means wave. So Tsunami means wave of port. It is a natural hazard. According to expert opinion, Tsunami can be created by earthquake, volcanic eruption, land slide at the bottom of ocean/sea or by some incident happened in space. It is considered the third most dangerous natural disaster. The important characteristic of Tsunami is crashing of the tectonic plate at the bottom of sea/ocean, which leads to severe earthquake. Sea water makes waves of millions of tons (Fig : 9.07). When such large waves reach near the coast, they become larger and converted to a severe water surge. The speed of this wave could be in the range of 500-800 mile/hour. In open sea, the height could be up to 3ft, however, as it comes closer to coast, gets higher energy and its height increases. It is seen that the distance



Fig. 9.07 : Tsunami

from one end to another end of the wave could be as long as 100 mile. In water where depth is not that much, Tsunami is converted to a destructive water surge. The high tidal wave could be as high as 100 ft before it recedes. A large coastal area may be flooded, even the human habitation could be demolished fully. One major problem to deal with Tsunami is like earthquake; forecast and warning cannot be given as it happens almost instantly. Therefore, it is practically impossible to save lives and properties of coastal area. Generally, tsunami is created due to an earthquake in the bottom of the sea. Starting from the epicenter of the earthquake and crossing the sea, the tsunami needs some time to reach the coast. Within this short time, usually warning is announced in the coastal area. In the history, the most disastrous natural hazard hit on 26 December, 2004. A tectonic earthquake was created at the bottom of the Indian Ocean near Sumatra Island of Indonesia. The severe earthquake occurred due to collision between Eurasian plate and Australian Plate and the epicenter of the earthquake was Sumatra. Due to this earthquake of 9 .1-9 .3 magnitude in Richter scale, a part of the Indian Ocean pressurize a part of Sumatra and, as a result, a length of 600 miles at the bottom of the sea was cracked. This cracking displaced millions of tons of water and the water stream moved towards the surface with extremely high speed and spread as large wave in the surroundings. The wave

ultimately was converted to a devastating flood and, was extended to Indonesia, Malaysia, Sri Lanka, India, Thailand, Maldives of South and Southeast Asia as well as 12 countries of Africa including Kenya and Somalia. About 3 lacs of people died due to the high tidal effect. One lac people died in the Acheh Province of Indonesia. Next to Indonesia, lots of people died in Sri Lanka. Due to high tidal wave from Tsunami, many small islands of the Indian oceans have been demolished. Many Tribal populations have also been abolished in those islands. The badly affected groups due to that disaster were children and women and, lots of people were mentally disabled. Geologists and marine scientists said, the magnitude of the Tsunami was so high that even the earth itself was shaken while spinning in its own axis. In addition, due to the earthquake, huge amount of radiation emitted was as powerful as 9.5 thousand million bombs. Due to cracking at the bottom of the sea, the map of direction in Indian Ocean has been disrupted. According to expert opinion, a new map for water ways in Indian Ocean should be designed, otherwise, it may cause trouble in shipping.

Bangladesh was not affected much by the Tsunami hit on 26 December, 2004, because the centre of the earthquake that caused the Tsunami was far away from Bangladesh sea-coast. The centre was Sumatra Island of Indonesia, situated in the west side of the Indian Ocean. That is why the damage in Bangladesh was negligible compared to other Asian countries.

It was heard that two fishermen died due to a trawler capsize at Kuakata coastal line. Bangladesh was attacked by a Tsunami on 2nd April, 1762 due to an Earthquake originated at Arakan area in the Bay of Bengal. A huge damage occurred in Cox's Bazar and surrounding islands. Due to the Tsunami effect, the water level in the Buriganga was raised abruptly and waves created from that capsized many boats and many people died by that accident.

9.3.5 Acid Rain

Rain water is usually acidic. If it contains large amount of acids, then it is called Acid Rain. Do you know which acids are present in acid rain? In acid rain, sulphuric acid and nitric acid are present in higher proportion whereas hydrochloric acid is present in smaller guantity. Acid rain is very hazardous for

environment. There are many plant species which are very sensitive to acids and they may die due to acid rain. Moreover, some important plant nutrients such as Calcium, Magnesium getting dissolved in rain water are removed from soil. As a result, crop production is hampered. Because of acid rain, aquatic plants and animals are severely affected. You know that pH of water goes below 7 if acid is present in it. If pH of water becomes less than 5, most of the fish eggs are sterilized hampering fish production. Newly hatched fish or fries are vulnerable to acids. High concentration of acid even can destroy the biodiversity totally. Acid rain is also harmful to human health. It causes heart disease, lung disease, asthma and bronchitis in human body.

How does acid rain form? Both natural events and human activities are responsible for causing acid rain. Among the natural events, volcanic eruption, forest fire, thundering, natural decay of plants etc. are responsible for formation of acid rain. In all these processes among others, nitrogen oxides and sulphur oxides are released and, later on by chemical reaction with oxygen and water, they are converted into corresponding acids (nitric acid and sulphuric acid). On the other hand, among the man-made activities, industrial operation, particularly in coal burning power plants, brick kilns (Fig : 9.08) or other fossil fuel burning industries, vehicles, domestic oven etc. release sulphur dioxide and nitrogen oxide which are also converted to acids in the same way as explained before and finally mix with rain water and form

acid rain. What can we do to control acid rain? As fossil fuel burning power plants are the dominant sources for releasing gases that form acids, sulphur and nitrogen must be removed from fuels before burning. In many developed countries, it is already in practice. If there is no arrangement for purification,



Fig. 9.08 : Brick-fields

alternative fuels instead of coal can be used. Due to acid rain, soil pH goes down, in that case, pH can be adjusted by using limestone. To control emission of gases causing acid rain, appropriate and stricter regulatory measures must be taken. In industry, pollution control devices must be installed. In our country, acid rain does not occur frequently, whereas in industrially developed countries, acid rain is very common. Acid rain frequently occurs in many East European countries, the USA, Canada, South coast of China and Taiwan.

9.3.6 Earthquake

When a vibration created inside the earth abruptly shakes the earth surface, it is called earthquake. An earthquake persists from few seconds to about a minute and may recur repeatedly. Mild earthquakes in most of the times are not felt, whereas severe or strong earthquakes can easily be felt.



Fig. 9.09 : A damaged building due to earthquake

Is earthquake a natural disaster? Yes, it is of course a violent natural disaster which can completely destroy a a country or a region within seconds (Fig : 9.09). Even it can divert the course of rivers. Owing to earthquake, Brahmaputra, one of our main rivers, has changed its course. Although violent earthquakes did not rock our country so far, experts believe that Bangladesh is in the greatest risk of earthquake. In the world, Japan and California of America are identified

as earthquake-prone area. You must have heard about the disasters resulting from Haiti earthquake in 2010, Japan earthquake in 2011 and Nepal earthquake in 2015. Tsunami after earthquake in Japan resulted in a nuclear accident in nuclear power plant.

Now the question is how does earthquake form? Our earth's crust is divided into some layers which are called tectonic plates. These tectonic plates are not static, they are dynamic. Energy accumulates when a moving plate puts stress on another plate. Suddenly, when the plates slide, the stored energy is released and earthquake is created. The magnitude of earthquake is measured in Richter scale. We can feel the earthquake which is more than magnitude 5.0 in Richter scale. The increase of 1.0 magnitude in Richter scale means the rise of intensity by thirty times. The larger an earthquake is, the farther it can be felt from.

Figure 9.10 shows the earthquakes that occurred in and around Bangladesh. You can certainly see in the picture that lately no major earthquake has occurred in Bangladesh, but the earthquakes in the surrounding areas were felt. In 1884, a major earthquake of magnitude 7.0 occurred in Manikgonj. In 1897, a major earthquake of magnitude 8.7 occurred in Shillong. Since major earthquakes occurred in the past in this region, we must presume that this type of earthquake may occur in future as well. As we cannot predict when it will occur, we must always be ready for that.

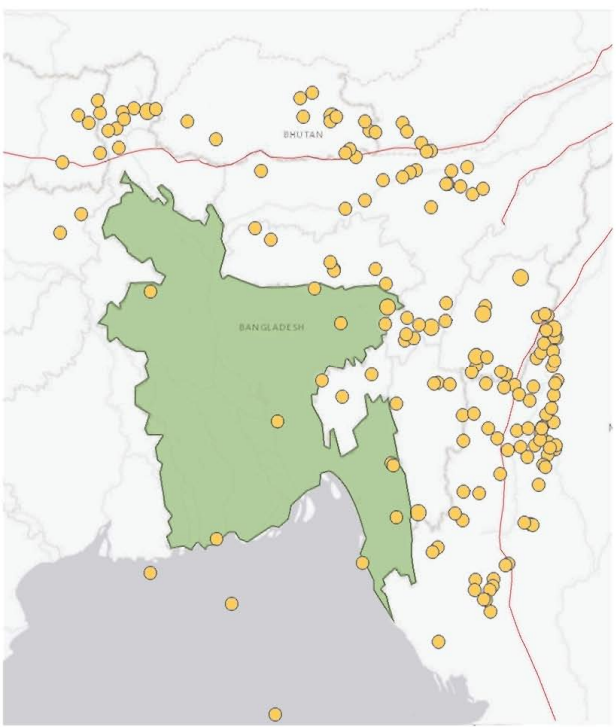
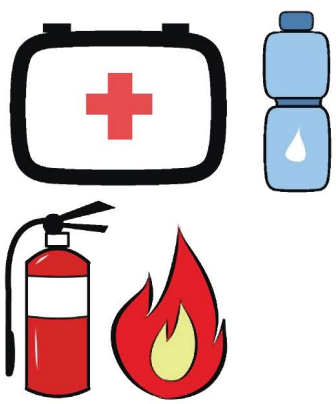


Fig. 9.10 : The earthquakes that occurred greater then 5 magnitude in and around Bangladesh from 1971 to present

What are the remedies of earthquake? Is there any way to protect us from earthquake? There is no way to escape from earthquake but proper precautions can minimize the loss of life and property. The most important thing is building houses and other infrastructures following building code. The high-rise buildings that are built in the urban areas of our country must have earthquake protective measures. Otherwise, any massive earthquake may cause catastrophic damage. In 2010, magnitude 7.0 earthquake in Haiti killed 300,000 people. But only six people died in magnitude 8.2 earthquake in Chile in 2014 that was more than thirty times stronger than this one. It was because the earthquake-prone Chile had started to build earthquake resistant buildings. Besides, in the event of an earthquake, quick relief supply and rescue operation, combining government and other organizations, must be ensured on emergency basis and for that prior preparation must be taken. There are several issues which should be taken seriously.

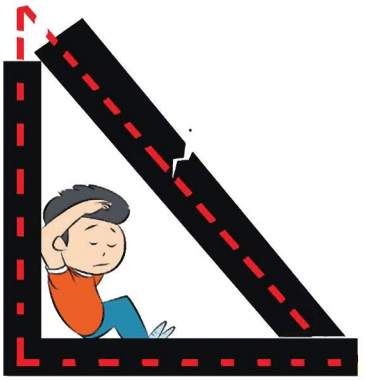
What to Do Before an Earthquake:

1. If possible, all houses should have fire extinguishing facilities. Along with this, first aid kit, battery-powered radio, torch light and some extra battery, dry food and water should be arranged.
2. Learning how to provide first aid.
3. Learning how to turn off gas, electricity and water supply in the house.
4. Making up a plan of where to meet your family after an earthquake.
5. Heavy things should not be kept on high shelves, during an earthquake they can fall down causing injury to people.
6. Learning earthquake plans through drilling in schools, colleges or workplaces.





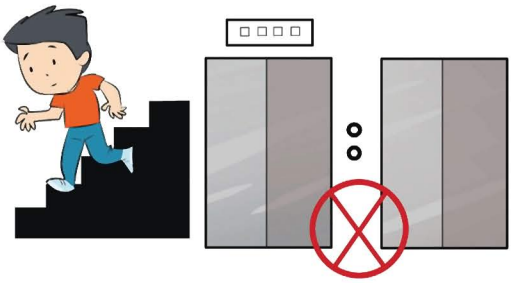
Take shelter under a hard table



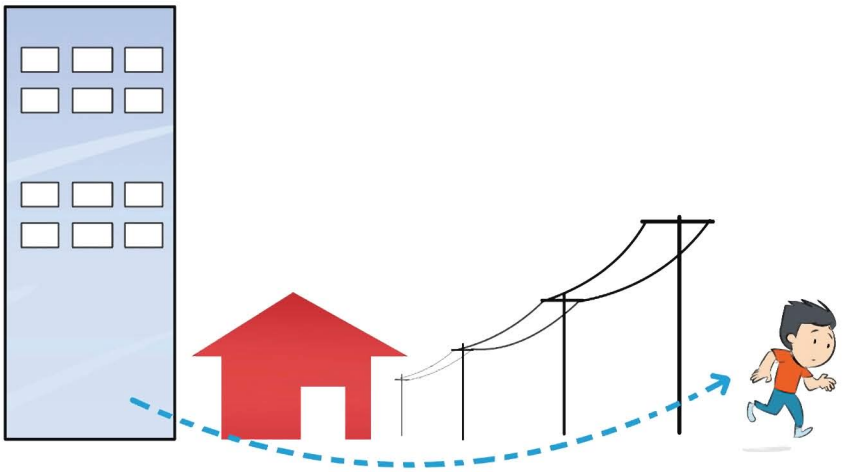
Or, go corner of the room so that if anything falldown that cannot directly hit you



If you are outside then not terrified or nervous and keeping head cool



It is safe to use stair for climb down



Get away from electric poles or high buildings

Fig. 9.11 : What to do during an earthquake

What to Do During an Earthquake:

1. During an earthquake, we should not get terrified or nervous. We should convince ourselves that people of the world live with earthquake from birth and we can save ourselves from danger of a massive earthquake keeping our head cool.
2. If you're indoors, stay inside. Don't try to go out hurriedly. Stand by the wall. Stay away from glass window. If needed, take shelter under a hard table. Never try to descend by using elevators.
3. If you're outside, stay outside. Don't try to enter into the house. Get away from electric poles or high buildings, anything from above may fall on the head.
4. Never use matches, Gas from broken gas pipe may cause dangerous fire.

What to Do After an Earthquake:

1. In the event of a massive earthquake, check yourself and others for injuries. Provide first aid for anyone who needs it. If anyone is critically injured, take that person to hospital. Remember if really a massive earthquake occurs, numerous people are to be given emergency treatment. So, the person who needs most will be given treatment first.
2. Check water, gas, and electric lines. If damaged, shut off the valves. If you smell gas in the house, open doors and windows and get out of the house.
3. Listen to the radio news. Don't use the phone to spoil the network unless it's an emergency. Let the relief team use telephone for urgent situation. After a massive earthquake, there might be a possibility of telephone disconnection.
4. Stay out of damaged buildings. Don't walk barefooted so that your legs are not cut with broken glass and so on.
5. If you live by the sea-shore, stay away from the sea. A tsunami may hit the coastal area.
6. If you are trapped inside a damaged building, do not try to come out removing debris, rather wait for the rescue team. Save your own energy, try to draw attention of the rescue team by striking something repeatedly.
7. A major earthquake may be followed by after-shocks, be prepared for that.



Group Work

Task : Make poster and leaflet on what to do during earthquakes and hand out in your locality.



Group Work

Task : Arrange a drill on what to do during an earthquake.

9.4 Importance of Standard and Improved Environment

One of the important elements required for living is air. How long we can survive without air or Oxygen? Only about 40-50 seconds. If such an important element is polluted by various types of chemicals such as CO, SO_2, SO_3, NO_2, particulate matter (very fine dust particles or liquid droplets), toxic, metallic substances (Hg, Pb, Cd) etc. ultimately we shall be affected because the pollutants enter into human body when we breathe air. They can cause different types of deadly diseases such as lung cancer, heart attack etc. In addition, those toxic chemicals could also be harmful to plants, soil or other animals. Like air, water is another essential element for our survival. If the natural water in rivers or other waterbodies is polluted, the aquatic flora and fauna including fish will be in great risk and, as a result, the balance of the environment will be disturbed. Like air and water, all the elements of the environment are essential for our living. Therefore, if the quality environment is not maintained and improved, it will be a potential threat for all biodiversities and our existence will be abolished. So, we have to be careful and also have to make people aware in this regard.

9.4.1 Significance of Conservation of Nature

Conservation of nature is to protect the nature and natural resources. Our very important natural resources are water, air, soil, minerals, plants, animals, oil, coal, gas etc. All these resources along with others are very important for us. It is true that if there is no supply of air and water or if they are destroyed, we cannot survive. At the same, it is also true that it is impossible to survive without oil, gas, plants etc.

Is there any animal or plant in the Moon? No, there is none, because the environment prevailing there is not life sustaining. There was possibility of that long time ago, there were natural environment and resources in the moon. However, due to lack of conservation, everything has been destroyed. Therefore, if we do not take appropriate measures, if we do not stop damaging plants, forest resources, ifwe do not stop polluting air, water, soil etc. then like the moon, our nature and environment, will no longer be habitable and therefore our existence will be at stake.

9.4.2 Strategies for Conservation of Nature

There are several strategies for conservation of nature which are described below:

1. Reduction in the Use of Resources:

We can conserve our resources by avoiding excess or unnecessary use. For example, previously we used papers and pen for writing letter; bank statements were also delivered in paper. Now a days, because of technological advancement, use of paper and pen can easily be avoided, instead, we can send E-mail or text message for the same purpose mentioned above. It is clear that these kinds of practices reduce the use of paper and pens. Similarly, we can avoid the practice of having too many clothes. There are some people using 20-30 shirts or pants. Certainly that can be reduced. You may notice that in some consumer products especially in ready¬made garments, sometimes 7-8 stickers are used. Do you think that it is necessary? Not at all. Only one sticker may work

well. Now, you find out where we can reduce the excessive use of our valuable resource in our daily life and can conserve our nature. Paper is made from plants, reduction of use of paper, therefore, means less plants need to be cut and forest resources will be protected and our nature will be conserved.

2. Protection of our Resources from Pollution

Pollution of resources makes them unsuitable for use. The best example in this regard is pollution of river water. You may have known about the pollution of water of the River Buriganga. The pollution there is so severe that aquatic fauna including fish can rarely be found. Like the Buriganga, many rivers in Bangladesh have been polluted and if steps are not taken immediately to prevent it, the rivers will be devoid of fish in near future. Because of uncontrolled mills and factories, vehicle smoke and so on, air has been severely polluted in many cities of Bangladesh. Eight cities of Bangladesh are included in the list of 100 cities of the world which are remarkable for air pollution.

3. Reuse of Resources if Possible

Nature can be conserved by reusing our resources if possible. Nowadays, a lot of paper is used in computer printer or photocopier. If you pay a little attention, you will see that only one side of the paper is used there. If we are a little careful, we can use other side of paper for various purposes. Polythene that is used for banner or billboard is of good quality, collecting those, we can make bags or use for other purposes. Everyday we throw away many plastic bottles. Those can be easily recycled or reused. Many of the things we use come from nature directly and some others coming from industrial manufacturing and they also depend on nature indirectly at some stages. Therefore, reusing of material results in less pressure on natural resources and that is how nature is conserved.

4. Recycling of Used Materials

Instead of discarding old items, we can manufacture new items from those and nature can be conserved. In our culture, we have been doing it long since, kantha is an example of it. Old cloth or sharee, instead of throwing away, was used to

make kantha. Like waste paper can be recycled to produce toilet paper, organic manure can be prepared from domestic rubbish; new plastic can be manufactured from old plastics.

5. Protection of Natural Resources

The best way to conserve nature is to protect it completely or to do no interference there. You may know that groups of bad people of our society hunt deer, tiger etc. or cut trees from the Sundarbans. Catching migratory birds and selling them in the market, polluting sea water by establishing uncontrolled and unplanned ship-breaking industry—to stop these activities is called conservation of nature. Stopping these kinds of activities is a kind of conservation of nature. Like the Sunderbans, many natural resources of our country are getting extinct to a great extent and it has become mandatory for us to stop this.



Group Work

Activity: Finding out the barrier/limitation to have a standard and improved environment and remedies.



Group Work

Make a group of 4-5 of your classmates. Find out the environmental problems in your area. Consider water pollution, improper management of solid waste, excretion in open place in this connection. Make poster or leaflet on the harmful aspects of these issues and distribute that among the people. Take help form senior people, school, college or university teachers, government officials, non-government officials and environmentalists.

Exercise

Multiple Choice Questions

1. Which occurs only in oceans?

a. Tornado b. Earthquake
c. Tsunami d. Flood

2. Cause of increasing Green House Gases-

i. Vehicles
ii. Industries
iii. Power Plants

Which is correct?

a. i and ii b. ii and iii
c. i and iii d. i, ii and iii

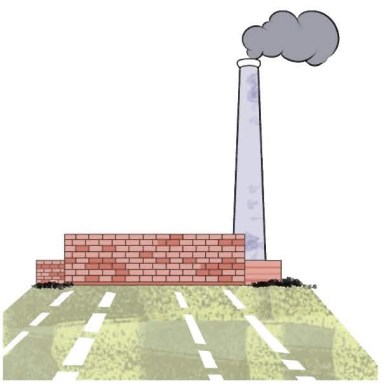
See the picture given below and answer questions 3 and 4.

3. Which gas is not released from the industry shown above?

a. SO_2 b. CO_2
c. NH_3 d. NO_2

4. Which disease is caused in human body due to the formation of acid rain from the gases released from the industry shown above?

a. Diabetes b. Asthma
c. Cancer d. Heart Attack



Creative Questions

1. Mr. Naoshad lives in Barguna. He is 70 years old. In Sidr attack in 2007, all his family members died. All his assets including his home were destroyed. Volunteers after receiving forecast asked him to go to cyclone shelter which is few miles away from his house, but he refused to go. On the other hand, Mr. Saad went to cyclone shelter and although his assets were destroyed, all his family members survived. Helpless old man Mr. Naoshad now regrets that why he did not go to cyclone shelter with Mr. Saad.
 a. What is cyclone?
 b. Explain the term "Global warming".
 c. Explain how the cyclone mentioned above is created.
 d. What steps Mr. Naoshad could take to protect him from the cyclone? Analyze.

2. After finishing her study, Tuli went to bed at 12 AM. Suddenly she observed that her bed and ceiling fan were vibrating and the smaller things kept on shelves were falling down. In the next morning, Tuli noticed that some old buildings in surrounding area have been cracked, some have been broken whereas some others have been inclined. Tuli realized that there was a natural disaster last night.
 a. What is earthquake?
 b. Explain why Bangladesh is a cyclone prone area?
 c. Explain how the natural disaster observed by Tuli is created?
 d. What steps can be taken to protect us from the natural hazards mentioned above? Analyze.

Chapter Ten

Let Us Know Force



We are pulling or pushing something every moment. To change the state of motion of an object we pull or push, that is, we apply force. An object at the state of rest can be brought in the state of motion. Again, an object in motion can be changed the direction and magnitude of motion even its motion can be stopped by applying force. We will discuss in this chapter the inertia, the force, the effect of force on a body at rest or in motion, Newton's first law of motion, nature of force, measurement of force, Newton's second law of motion, action-reaction of forces and Newton's third law of motion.



At the end of this chapter, we shall be able to-

- Explain the characteristic concept of the force and inertia of a body on the basis of Newton's first law of motion.
- Explain practical experience of inertia.
- Explain the nature of different kinds of forces.
- Describe the advantage of friction in our practical life.
- Explain the influence of force on a body at rest or in motion.
- Measure force using Newton's second law of motion.
- Measure force with the help of an easy experiment.
- Explain several popular occurrences on the basis of Newton's third law of motion.
- Understand the necessity of force in our life.

10.1 Push and Pull: Force

If we want to move anything away, we push it. On the contrary, if we want to bring anything near, we pull it. This push or pull on a body by another is the force. Whenever we push or pull, lift or lower anything, we actually apply force. When we twist or tear, expand or compress anything, we also have to apply force. However, in this chapter, we shall discuss only change of motion with force. We all have noticed that if force is applied on an object at rest, it starts to move, while an object at motion can be stopped if force is applied on it. It means motion of an object can be changed by applying force. Scientist Newton published three laws creating relation among force, mass, inertia and motion. These three laws are known as Newton's laws of motion. From Newton's first law of motion, we get the concept of inertia and force of an object. In this context, Newton's first law of motion is:

> An object at rest stays at rest and an object in motion stays in motion with the same speed and in the same direction unless acted upon by an external force.

No one has any problem regarding the first part of Newton's first law because we always see that any static object does not move unless force is applied on it. There is a problem regarding the 2nd part because we never see any moving object at motion perpetually. If we make an object move by pushing it, we see that the object stops moving even if we do not apply any force. From our day-to-day experience, it seems that if anything is to be kept on moving in uniform motion, force is to be applied on it continuously. From Newton's first law of motion, we have come to know that it is not true. If any object, moving with uniform motion, stops, we must understand that force has been applied there in any way or other. Friction, wind hindrance and many other such things stop an object applying force from the opposite direction. If actually all forces could be stopped, we would see that an object moving in uniform motion was moving perpetually.

10.1.1 Inertia

From our day-to-day experiences, we see that every object tries to maintain its present state. If an object is at rest, it tends to be at rest, and if it is in motion, it tends to be in motion. Until force is applied, the tendency of an object to remain in its present state is called inertia. The tendency of an object at rest to remain rest is called inertia of rest and the tendency of an object in motion to continue its uniform motion is called inertia of motion.

Practical Experience of Inertia

When a stopped bus suddenly starts moving, the passengers of the bus lean backward due to inertia. When a bus is parked, the bodies of the passenger also remain at rest. But when the bus suddenly starts to move, the part of the passengers' body attached to the bus starts moving but the upper part tries to remain at rest for inertia, and so, the passengers lean backward.

Just the opposite thing happens at the time of getting down from a running bus. When the leg touches the soil keeping the whole body in the state of motion, the lower part of the body becomes static but the upper part remains in motion and the passenger stumbles.



Individual Work

Task: Put a card, board or hard paper on a glass and then put a coin on that (Fig : 10.01). Suddenly tap the card hard. What have you seen?

Why has the coin dropped into the glass? For sudden strike, the card was displaced but due to inertia, the coin has tended to retain its own static state and dropped down into the glass.

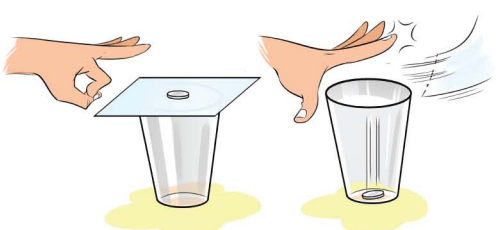


Fig.10.01: Experiment of inertia

When a car is driven, all the passenger of the car have to put on seat-belt to escape from the danger of inertia of motion. If a driver without seat-belt brakes the running car or falls in an accident, he will be leaning forward and struck by the steering or the wind-screen due to inertia (Fig : 10.02). The second part of the figure shows that the seat belt is saving the driver from being stricken by the

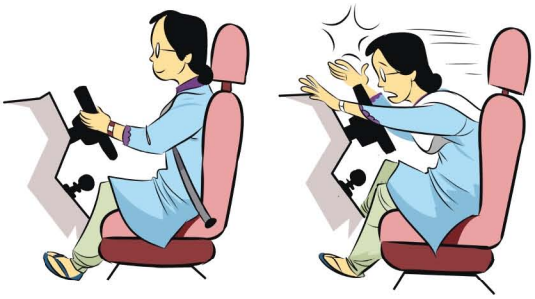


Fig.10.02: Example of inertia of motion

We feel the impact of inertia in the case of changing the direction of motion of a body. If a bus or car suddenly takes turn, the passengers lean towards the opposite direction. The reason for this is that the passengers were in motion with the motion of the bus or the car. Though the bus or the car has suddenly changed direction, the passengers due to inertia want to remain in motion maintaining the main direction, and so, they retire to another direction in respect of the bus.

10.2 Amount of Force and Newton's Second Law of Motion

From Newton's first law of motion, we have come to know that, to change the state of an object, i.e. to change an object at rest into an object in motion or to change the velocity of an object in motion, force is to be applied. This force is to be applied due to inertia of the object. The more the inertia of an object is, the more force is to be applied on that object to change its state. The amount of inertia is force. Therefore, the more the mass of an object is, the more force is to be applied on that object to change its velocity.

Newton's second law of motion explains how much force is to be applied on an object of a certain mass and how much change there will be in consequence. However, before knowing Newton's second law of motion, we have to know about two terms. One is momentum and the other is acceleration.

Momentum: Momentum is the product of mass and velocity. That means if mass is m and velocity is v, then the momentum p of the object is:

$$p = mv$$

If the mass is not changed, then the change of momentum is the product of mass and change of velocity.

That means, if the velocity of an object having mass m increases from u to v, the change of momentum is $m(v-u)$.

Acceleration: Acceleration is the change of velocity over time. Than means if the velocity of an object changes from u to v over a period of time t, then acceleration a is:

$$a = \frac{(v-u)}{t}$$

If we have understood momentum and acceleration, then it is very easy to understand Newton's second law.

Newton's second law is that the rate of change of momentum of a body is proportional to the force applied. But force is defined in such a way that we can say equal instead of proportional. That means if the momentum of an object changes from mu to mv, then the change of rate is $ma = m\ (v-u)/t$.

The applied force will be equal to F. It means--

$$F = \frac{m(v-u)}{t} = ma$$

The unit of force is Newton. 1 Newton (N) is the force required to accelerate an object with a mass of 1 kilogram at the rate of 1 metre/second^2.



Example

The mass of an object is 20 kg. For applying a force, it produced an acceleration of 2 m/s^2. What was the value of the force?

Solution: We know, F = ma
= 20 kg×2 ms^2
= 40 kg-ms^2
= 40 Newton

Here,
Mass of the object, m = 20 kg
Acceleration, a = 2 ms^2
Force, F=?

Answer: 40 Newton

10.3 Action and Reaction Force

If you blow against a wall with your fist, you must feel pain in your hand. Through the blow, you have applied force on the wall. If the wall could feel, it also would suffer pain but why you have felt pain. You must have guessed the reasons for it. When you have applied force on the wall with your fist, the wall has also applied an opposite force on your fist. It is always true that wherever you apply a force on an object, it applies an opposite force.



Individual Work

Task: Take a rubber band in your hand and see how long it is. Now, tie a small book to the rubber band with a thread. You will see that the rubber band has extended to hang the book.

We know that the book has weight. Weight is force, so this force is pulling the book downward. If force is applied on an object, it gets in motion but the book is not in motion; it is at rest. It is because, from above the rubber band, by getting extended, has neutralized the weight force.

Thus, we can say that the book is pulling the rubber band downward (so, the rubber band has got extended) and the rubber band is pulling the book upward (so, the book is in static position instead of falling down).

From above examples, we see whenever and wherever we apply any force, another force is created from the opposite direction. If one force is called action (force), the other is called reaction (force).

Isaac Newton in his third law of motion has said: To every action force there is an equal and opposite reaction force.

Action-reaction force always acts on each other—never acts on the same object. That means if object A applies force on object B, then object B will apply equal force on object A from the opposite direction. The reaction force will act so long as the action force remains active. If action ceases, reaction will also cease.

These two action and reaction forces do not depend on whether the objects are in equilibrium or in motion or in contact with each other or not—they are present everywhere.

Some Examples of Action-reaction

The easiest way to understand Newton's third law is to understand how we walk. We all can walk; everyone walks without knowing what physics is behind it. But as you have started learning physics, you may be asked an easy question. As you can walk from static state, so you actually have acceleration which means force is being applied on you. But we all know that nobody applies force on us. We walk ourselves. How is it possible?

If we did not know Newton's third law, we could never explain the matter of walking. When we walk, we push the ground with our feet (i.e. we apply force). Then the ground, according to Newton's third law, applies equal and opposite force on our body (Fig : 10.03). This equal and opposite force produces our acceleration, we walk! In the same way, when the boatman pushes the river-bed soil with his bamboo stick, the boat moves forward (Fig :10.04)



Fig. 10.03 : At the time of walking, when a man pushes the ground with feet, ground also pushes him equally.



Fig. 10.04 : Boatman pushing boat with bamboo stick.

Those, who find problems to understand the matter, can be reminded that it is easy to walk on hard soil but it is not easy to walk on dry sand, because force cannot be applied on sand, it skids –so, the opposite force of Newton's third law is not found properly. The matter can be made much clearer if one is asked to walk on a very rough floor making it slippery with soap water or oil. There friction is very low, so we will not be able to apply force at all and we shall get no force on us as a reaction of it. Therefore, we will not be able to walk (If you do not believe, you may try). If force is applied. Opposite and equal force can be gotten. If we cannot apply force, how shall we get opposite force? How shall we walk?



Individual Work

Task: Stand on a weight machine. There you will see your weight which is the force you applied on the weight machine. Now, if you want to climb up, then certainly force has to be applied on you from below. Where will this force come from?



Individual Work

Task: Taking a balloon, blow it up gently. Hold the opening of the balloon with your hand tightly. Then suddenly release the balloon from your hand (Fig : 10.05). What have you seen? You will see that the balloon is flying about. When the balloon was blown up, the balloon rubber getting extended has put pressure on the air inside. When you have released the opening of the balloon, it started to release air forcefully applying force on the air inside. When the balloon started to apply force on the air, the air also started to apply force on the balloon. As a result, the balloon started to move to the opposite direction of the outgoing air.

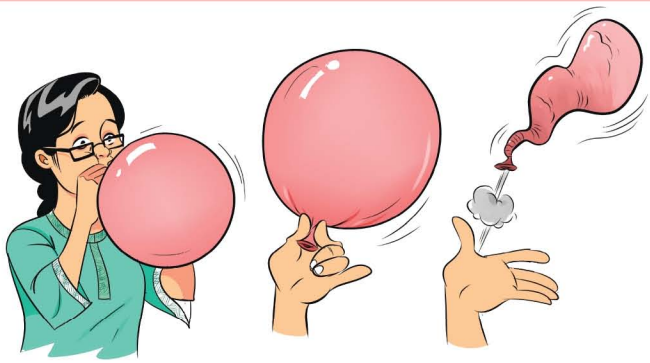


Fig.10.05: The balloon moving forward releasing air from the back

10.4 Nature of Force

10.4.1 Four Fundamental Forces

If you are asked how many kinds of forces there are in the world, you will certainly say that there are many. If we push anything, it is a force; when a truck drags a load, that is a force; when a tree is uprooted in storm, that is a force; when a magnet attracts iron, that is a force, when houses are blown off in bomb explosion, that is a force; when a crane lifts anything, that is a force. If you are given a little time, you will be able to make a list of many kinds of forces like these.

But do you know what the amazing is? There are only four types of forces in nature, if forces listed above are analyzed, it will be seen that no force is out of these four types. Actually fundamental forces are only four in number. These are gravitational force, electromagnetic force, weak nuclear force and strong nuclear force.

Gravitational force

In this cosmic universe, all objects due to mass attract every other object by a force which is called gravitation. Because of this gravitation, stars in the galaxies rotate or the earth moves round the sun; the moon moves round the earth. When the gravitation of earth works on us we call it gravity. This gravity pulls us downwards (towards to the centre of the earth) and due to this, we have the feeling of weight.

In physics, gravity is one of the amazing forces. Any object having mass attracts other objects by this force.

Electromagnetic Force

Combing hair with a comb and then attracting paper pieces with that or attraction and distractions of one magnet with another were sometimes done by many of us. Though the forces of electricity and magnet seem to be separate, actually these two are same, they are only seen separately. Only this force can both attract and distract, while others can only attract but cannot distract. It is much stronger than gravity (10^{36} times or trillion trillion trillion times stronger). You will certainly be able to guess that the statement is true because when you pull paper pieces by attracting with the comb after combing your hair, the whole earth with all its gravity produced by the mass tries to pull it. But a little electricity of your comb defeats the whole gravity of this enormous earth.

Weak nuclear force

It is considered weak because it is weaker (about trillion times) than electromagnetic force but it is not as weak as gravitation at all. Gravitation and electromagnetic force can work from any distance but this force within a short distance (10^{-18} m).This weak nuclear force is the cause of the beta (β) ray or electron that is emitted by radioactive nucleus.

Strong nuclear force

It is the strongest force in the cosmic universe. It is 100 times stronger than electromagnetic force but it also works within a short distance (10^{-15} m). This very strong force works on proton and neutron in the nucleus which stays at the centre of an atom and keeps them together. As they cling together with strong force, much energy is stored in it. So, dividing big nucleus or joining small nucleus, due to this force, much energy can be produced. For this reason, nuclear bomb is so powerful. This force is a product of light and heat obtained from the sun.

Scientists believe that the origin of these four forces is same and they are trying to explain them with a single formula. It has already been possible to explain electromagnetic and weak nuclear force with the same formula and it is an epoch-making success of theoretical physics. So, if you wish you can say that there are three types of forces: gravitation, electro-weak and nuclear force. (No one can find fault with it.) Scientists are working to unify all of the fundamental forces.

10.4.2 Contact Force and Non-contact Force

When you use force in your daily life, you may suppose that some forces require contact for use (lifting heavy things with crane, pushing anything or stopping of a moving thing with friction). On the contrary, you have noticed, for applying some forces, contact is not required (falling of a thing downward for gravitation, attraction of magnet). Therefore, we can divide forces into two types: contact and non-contact forces. As an example of contact force, we shall discuss frictional force.

Even though we are discussing frictional force as an example of contact force, you must have understood that where we suppose to have touched, there actually atom and molecule of one another, their rotating electrons are not working with their direct contact, rather they are working with one another through electromagnetic force. In other words, if we think of atomic-molecular level, then all forces are non-contact forces. One atom attracts or distracts another atom keeping a distance; literally they are not to be touched.

10.5 Frictional force

Let us consider a wooden piece on a table and we are trying to create acceleration by applying force on it. As shown in figure 10.06, we are applying force F on the mass from left to right. It will be seen that due to the friction of the wooden piece with the table, a frictional force f is developed in the wooden piece and this is lowering the applied force acting from right to left.

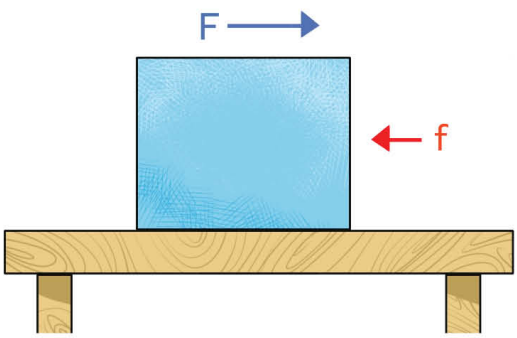


Fig. 10.06: Applying force on a mass, a opposite frictional force may developed.

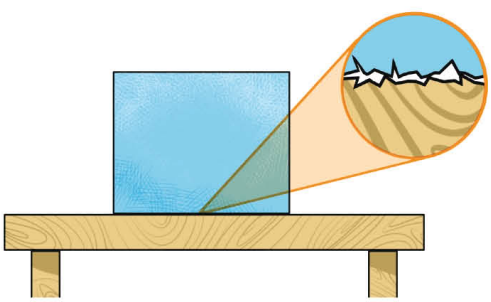


Fig. 10.07: If a force is applied on a mass then another force may develop in the reverse direction due to friction.

If you think that due to friction a frictional force is developed from right to left, so if I apply a force on the wooden piece in the left too, then since the applied force and the frictional force are in the same direction, I will get an extra force! But it will be seen that the frictional force is still working in the reverse. If you think that due to friction a frictional force is developed from right to left, so if I apply a force on the wooden piece in the left too, then since the applied force and the frictional force are in the same direction, I will get an extra force! But it will be seen that the frictional force is still working in the reverse direction. The frictional force always works in the reverse direction of the applied force! If some weight is put on the wooden piece it will be seen that the frictional force is increased also, though the weight and the force of friction is normal to each other.

Due to friction heat is generated. It is a problem in most cases. When a piston in a cylinder moves back and forth in a car, due to friction heat is generated there and to control this heat, the engine of the car is to be cooled.

10.5.1 Types of Friction

Friction is divided into four types. These are, static friction, sliding friction, rolling friction and fluid friction.

Static Friction: The frictional force that develops when two objects are at rest relative to each other is called static friction. Due to static friction we can walk, our legs or shoe sole is bounded to the ground and we don't slide.

Sliding Friction: The frictional force that creates when an object is in motion relative to another object is called sliding friction. When anyone grips the brake of a cycle, it presses the wheel and ceases the motion of rotating wheel due to sliding friction. The sliding friction depends on the weight of the moving body, the more the weight, the more the sliding friction.

Rolling friction: When an object moves by rolling or revolving on a surface then the friction that develops is called rolling friction. Among the all frictional forces, this is less, so we attach wheel in all kind of vehicles. It is very easy to pull suitcases attached with wheels, if suitcases have no wheels, it became very difficult for us to pull it on the floor.

Fluid Friction: The frictional force that is experienced by an object when it moves in a liquid or gaseous substance is called fluid friction. When anyone jumps from a plane with a parachute then due to the fluid friction of air he comes down slowly (Fig : 10.08).

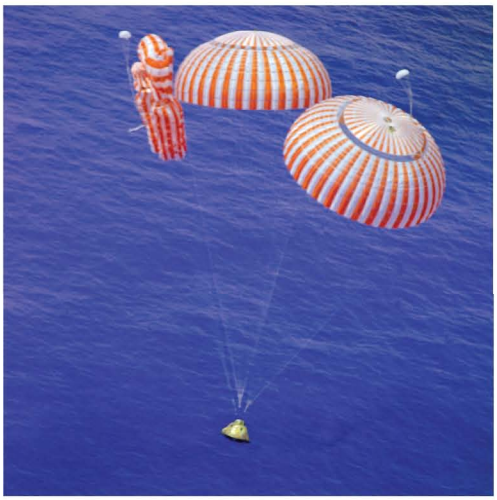


Fig. 10.08: Uses of parachute, apollo 15 is landing on the sea

Individual Work

Fluid friction

Task : Release a paper from a certain height and guess the time required to reach the ground. Now shape the paper like a small ball and release. What is the time required now to reach the ground?

Individual Work

Static friction and Sliding friction

Task : Take several blank boxes of matches. Fill up the boxes with soil and make them slightly heavier. Now put a match box on a book and increase the inclination of the book gradually. Due to the static friction the match will not slide on first. When the book becomes inclined, then along the sloping a force works. At the instant when this force equals the sliding frictional force, then the match box will start sliding. You will see that

only for a particular angle of inclination the match will start moving. Putting one or more match boxes over the first one repeat the experiment; you will see that every time for a particular angle the match box will start moving.

We already discussed that the frictional force always acts opposite to the applied force. Therefore, naturally the frictional force slows down the motion and it may be our assumption that perhaps we always try to reduce the friction. But that is not true. Sometimes you may have seen that a car or a truck is confined in mud. Though the wheel of the car rotates but due to less friction, the car or truck cannot come outside from the mud. The wheel slides. Then to rescue the car or truck, the friction between the wheel and the mud is tried to increase in an alternate way.

10.5.2 Increase and Decrease of Friction

Already we have known that for our necessity sometimes friction has to be increased and sometimes it has to be decreased.

Reducing friction

The measures we take to reduce the friction, these are:

1. Smoothing the surface as possible where friction takes place. In smooth surface sliding friction is less.

2. Oil, Mobil or grease like materials is called greasy materials or lubricants. The friction is reduced to a great extent if lubricant is used in between the two surfaces.

3. Using wheel friction can be reduced. If wheel is used we can do work by very small rolling friction instead of large sliding friction. It is possible to reduce friction to a great extent by using ball bearings in the rotating wheel using the rolling friction of the small steel balls instead of the direct friction.

4. The design of the fast moving vehicles like car, plane is done in such a way that the wind can flow over the streamline surface without making any friction.

5. The surfaces where friction occurs touch one another in a very small region then friction can be reduced.

6. We have seen that if force is applied on the two frictional surfaces friction is increased, therefore if vertically applied force is reduced friction can be reduced.

Increasing friction

If the procedures that are taken to reduce friction are not done or if the opposite steps are taken then friction will be increased. Therefore the necessary steps we take to increase the friction are:

1. Roughing the two surfaces where friction takes place.

2. Pressing the two surfaces more tightly where friction takes place.

3. Make the surfaces stationary by stopping the motion which is present in the two frictional surfaces. Because static friction is more than the sliding friction.

4. Making grooves or waving on the frictional surfaces. Then it can grip the bottom tightly. If there is water or liquid, it enters the groove thus increasing the friction of the surface.

5. To increase the density of air or water.

6. To increase the frictional area in air or water.

7. To remove wheel or ball bearing

10.5.3 Friction: A necessary evil

All of us certainly noticed that heat is generated due to friction. In the winter we create heat by rubbing our hands. The engine of a car becomes hot, that happens due to friction. Therefore, energy is dissipated by creating unnecessary heat due to friction. Car, plane, ship, submarine have to go forward by overcoming the frictional force, there also extra fuel has to be spent. If we treat this in this way, it may seem to us that friction is nothing but an evil in our life.

Meanwhile, we have seen that due to friction we can walk, drive car in the road, write on paper with pencil or pen, build a building, come down safely with the help of parachute. We can give many examples where without friction we could not do our necessary works.

Consequently though friction is treated as an evil, we have to acknowledge that friction is a very necessary evil for our lives.



Exercise



Multiple Choice Questions

1. A fruit falls on the ground from a tree. Example of which type of force is it?

a. gravitational force
b. magnetic force
c. electromagnetic force
d. weak nuclear force

2. Force-

1. keeps the direction of motion of an object unchanged.
2. changes the shape of an object.
3. brings a body at rest to motion.

Which one of below is correct?

a. i and ii
b. i and iii
c. ii and iii
d. ii and iii

By reading the following article answer question no. 3 and 4.

An object is thrown on the floor with an acceleration of 4 ms' by apply ing a force of 2 N. After traversing a distance the body stopped moving.

3. What is the mass of the object?

a. 200 gm
b. 400 gm
c. 500 gm
d. 750 gm

4. For which cause of force the body ceases to act (stopped).

a. frictional force
b. gravitational force
c. magnetic force
d. electromagnetic force



Creative Questions

1. Swapna was going to Dhaka from Kushtia. The mass of the bus was 1400 kg and it was moving with an acceleration of 4ms-2. When the driver applied brake on moving bus the passengers along with Sawpna were leaning forward. Again when the bus started to move then they were bended backward.
 a. What is called force in contact?
 b. What does it mean by force?
 c. Compute the amount of force acting on the bus.
 d. Analyse the cause of the passengers leaning forward at first and next time the cause of bending backward.

2. Turjo investigates about the various incidents in his daily life. One day, in his house sitting on a chair in front of a heavy table, he began to pull the table. But he himself along with the chair moved towards the table. Next day he rolled on a marble on the smooth floor of his room with a fixed amount of force. Next time he rolled on the same marble with the same force on the pucca road outside his house.
 a. What is Newton's second law of motion?
 b. What does it mean by inertia?
 c. Why did Turjo along with his chair move towards the table? Explain.
 d. Analyse the cause of traversing different distance by the marble on two different surfaces.

Chapter Eleven

Biotechnology



The sheep Doli is the first mammal in the world which was cloned

The base of modem genetics was founded near about 150 years ago by the research of an Austrian Priest called Johan Gregor Mendel. The main topic of his invention was every character of living being is controlled by a pair of factors. In 1908, Bateson termed Mendel's factors as genes. At the beginning of the 20th century, genetics began to develop in many ways. It began to get enriched with lots of information. Biologists have explained the different process of cell; knew about cell division, chemical structure of chromosome and gene etc. Along with the nature of gene elements its chemical structure, control of biological process. The scientists began to investigate, how gene can be transferred from one cell to another without fertilization. Herbert Boyer and Stanley Cohen, the researchers of California University, in 1973, at first were successful in inserting gene artificially, without fertilization. In the history of biology, it was an unimaginable event. It instituted a new branch of biology called biotechnology or genetic engineering. We will discuss chromosome, gene, DNA and RNA before discussing biotechnology. We have got an overall knowledge about chromosome, gene, DNA and RNA in class Eight. We shall know it in detail in this chapter.



At the end of this chapter we will be able to-

- Explain the techniques of inheritance of genetic traits.
- Explain the importance of DNA test.
- Describe the genetic disorder and its result.
- Explain biotechnology and genetic engineering.
- Explain the social effects of cloning.
- Explain the use of genetic engineering and biotechnology and its good effects.

11.1 Chromosome

Cell is the biological unit of all living organisms that is capable of independent reproduction. There are two types of cells. A type of cell has no well-organized nucleus, another type has well-formed nucleus. A cell with well-built nucleus (Fig : 11.01) contains many essential elements for living beings. Every Eukaryotic cell has a nucleus. The nucleus has nucleoplasm with chromatin fiber. In the normal stage of cell they remain scattered in the nucleus. During cell division dehydrolysis occurs and chromatin reticulum becomes clear and appears like a thread. This is called chromosome. (Fig : 11.02)

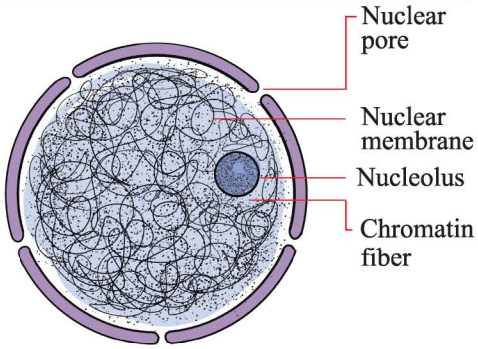


Fig. 11.01 : Nucleus

The chromosomes become clear during the prophase and metaphase stage of cell division. The number of chromosome in every species is fixed. That is, if a plant or animal species have 12 chromosomes in its cell, every member of that species has 12 chromosomes in each cell.

11.1.1 Shape and structure

Chromosome is normally long. Every chromosome has two thread-like part (Fig : 11.03). Every thread-like part is called chromonema, in plural chromonemata. During cell division they divide into two parts. Each of them is called a chromatid. Every chromatid is made of a chromonema.

Nowadays the cytologists think that the chromatid and chromonema are the same part of chromosome with two names. In metaphase stage of mitosis each chromosome has a round

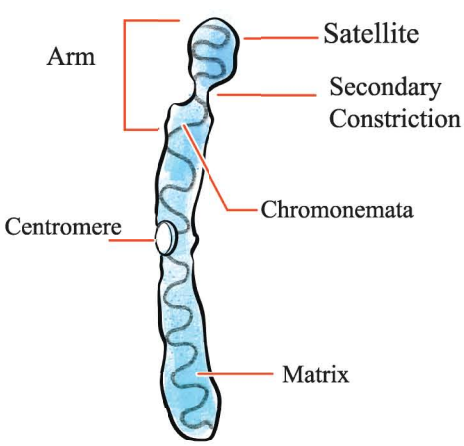


Fig. 11.02 : Chromosomes

and constricted site that is called centromere. Many termed this kinetocore. Both sides of a centromere of a chromosome is called arm. It was thought before that chromosome is covered with a matrix. But in fact it is a collection of protein and inorganic substances which is not seen without an electron microscope.

Classification of chromosome

The higher plant and animal have different types of chromosomes. There are specific number of chromosomes in a somatic cell among them one pair of chromosome is different from the other. This different chromosome is called sex chromosome. The other chromosomes are called autosomes. Normally the sex chromosome is named as X and Y.

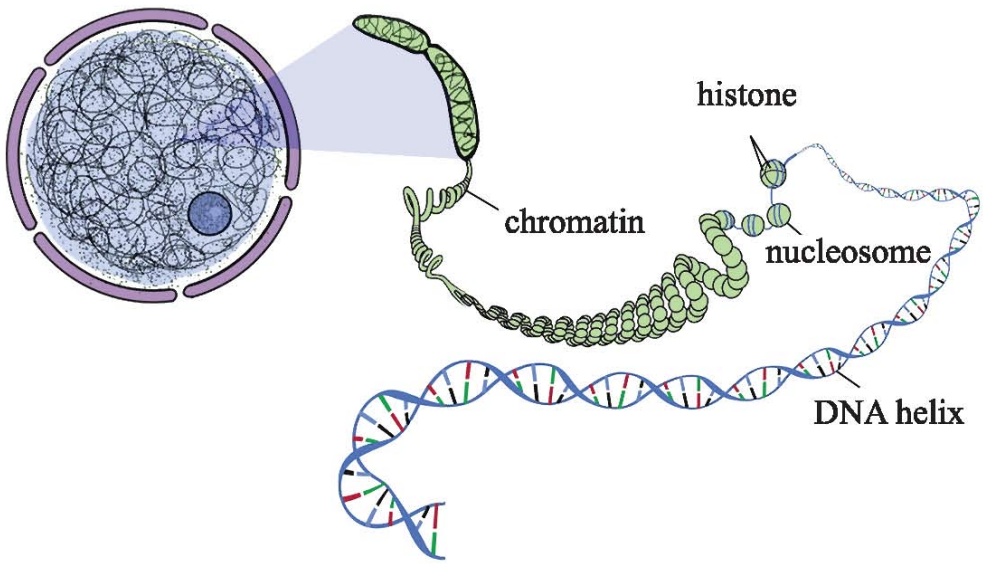


Fig. 11.03 : Inside the nucleus the existance of chromosome and DNA

11.1.2 Chemical Composition of Chromosome

In chemical composition of chromosome there are nucleic acid, protein and other elements.

Nucleic Acid: Nucleic acids are of two types e.g. (1) Deoxyribonucleic acid (DNA) and (2) Ribonucleic acid (RNA).

DNA

The full name of DNA is Deoxyribonucleic Acid. DNA is the basic element of all the living beings. It is located in the chromosome of nucleus. After knowing this information the scientists tried to know the structural elements of DNA. In 1953, two scientists named James Watson and Francis Crick discovered the structure of DNA molecule. They received Nobel Prize in 1962 for this revolutionary discovery. They showed that DNA molecules are actually two long thread-like chains of nucleotide (Fig : 11.04) or polynucleotide. Each nucleotide contains a five-carbon sugar, a phosphate and a nitrogen base. The shape of a DNA molecule is like a winding stair (Fig : 11.05). The main structure on both sides of the winding stair is

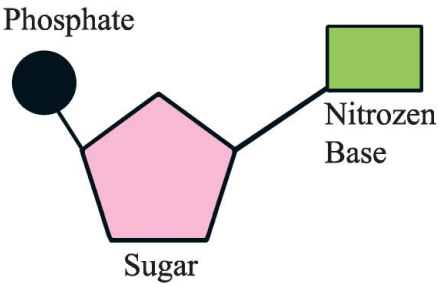


Fig. 11.04 : Nucleotide

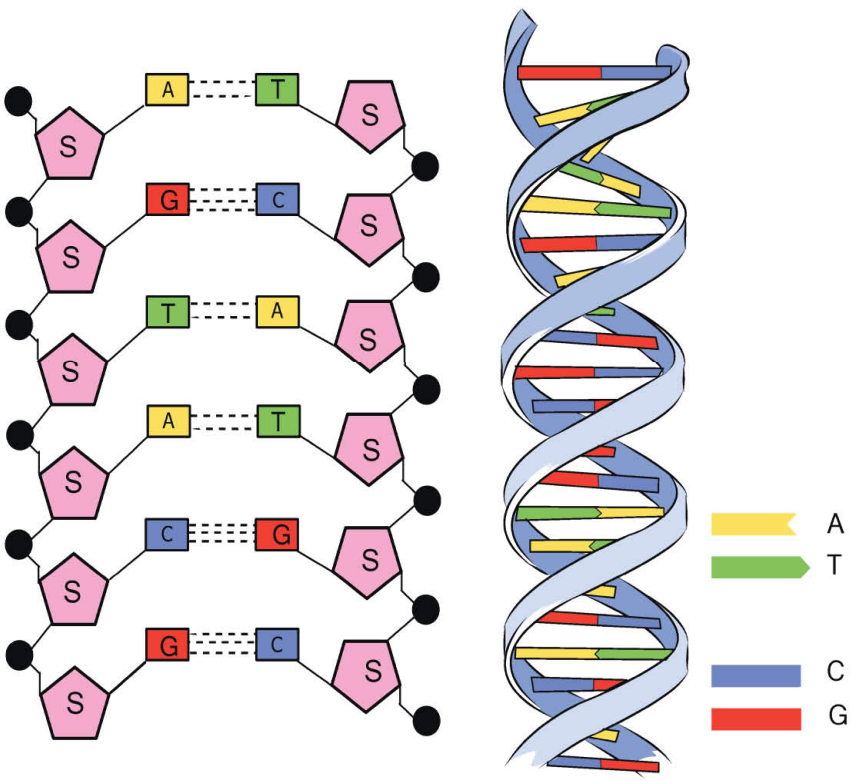


Fig. 11.05 : DNA Molecule

composed of five-carbon sugar and phosphate of nucleotide. The structure composed of sugar-phosphate is the outer frame. The nucleotides inside are joined with nitrogen base. Among the four nitrogen bases, two bases in pair make the steps of the stair. Four types of bases in DNA molecule are Adenine (A), Guanine (G), Cytosine (C) and Thiamine (T). Of them, Adenine couples with Thiamine (A-T) and Cytosine makes pair with Guanine (C-G). The structure like a spiral staircase in DNA is called double helix.

RNA

RNA is Ribonucleic Acid. It is folded in a single nucleotide. RNA has a side chain of five carbon ribose sugar with a phosphate of which four types of nitrogen base is similar to DNA. The main difference is, DNA has thiamine in pyrimidine and RNA has uracil instead of thiamine. There are three kinds of RNA in a living body e.g. - (1) Messenger RNA or m RNA (2) Ribosomal RNA or r RNA and (3) Transfer RNA or t RNA.

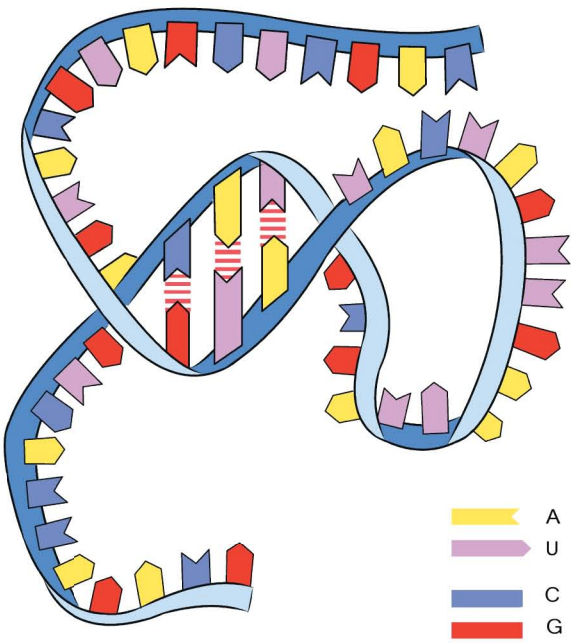


Fig. 11.06 : RNA molecule

Protein: There are two types of proteins in chromosome such as histone and non-histone protein. Besides these chemicals, chromosomes have lipid, calcium, iron, magnesium and a very little amount of other chemicals.

11.1.3 Gene

In the second chapter of class eight we have known what genetics is. We have also come to know the role of chromosome in genetics. Mendel termed this factor as the unit of hereditary feature and added that these factors carry the

characteristics from parents to the subsequent generations. Nowadays by the improvement of genetics, knowledge about the techniques of genetics has enriched. In 1908, Bateson named Mendel's factors as genes. Besides peas, extensive research commenced about the process of genetics of other living beings. In 1909 Johansson called gene as character determining unit of generations. Gene or the unit of generation is located in the chromosome. Gene is controller of variants of living beings. Gene controls the structure and nature of unicellular bacteria; germs of dysentery amoeba to big structures like banyan tree, elephant, and whale etc. even intelligent animal human beings.

A living being gives birth to offsprings simillar to it for the need of population growth. All these are determined by the gene. Avery, Macleod and McCarty (1944) differentiated the chemical structure of proteins, fats, sugar and nucleic acids of a bacterium named pneumococci which causes pneumonia. They examined every element separately and proved that only the DNA is the hereditary material in humans and almost all other organisms.

Now, it is the question how DNA transfers the genetic properties to the next generations. DNA chains are longitudinally divided and form two complementary side structures by self duplication. Thus, one DNA is divided into two parts. And each DNA molecule has an old side structure and a new side structure. So each DNA molecule is an exact replica of the original DNA. Thus DNA molecules preserve the hereditary properties without any change and send it to the next generation.

From the above discussion we have come to know that for transferring hereditary character; chromosome, DNA and RNA are responsible. The main element of chromosome is DNA. DNA is the carrier of genetic character. RNA helps DNA to control character. Chromosome contains DNA and RNA. Chromosome directly carries the DNA and RNA and sends it to the next generation. This process continues by the meiotic cell division. So chromosome is called the physical basis of heredity.

DNA Test

When there is confusion about the fatherhood and motherhood or when someone claims a child as their own; then DNA test is necessary. For the DNA test the mucus of mouth is taken from father, mother an child. Then the DNA profile is made in the laboratory by many chemical reactions. Then DNA profile of parents is compared with the DNA profile of the child. If there is a similarity of 50% with both father and mother then it can be confirmed that they are the actual parents or biological parents of that child.

11.1.4 Genetic disorder in human beings

The diseases caused by genetic disorder are a matter of tension in medical science. But nowadays it is known how these diseases are transferred from the parents to the child and what type of genetic disorder happens. These diseases may occur for the causes described below:

1. Point mutation or gene mutation.
2. Increase and decrease of chromosome number.
3. Increase or decrease of any part of chromosome.
4. Deletion of homologous chromosome during meiosis cell division.

The genetic diseases which are created for these causes are described below:

1. Sickle cell Disease: This disease occurs in red blood cell of human body for point mutation. Normally RBC is flat in shape. But in case of sickle cell the shape is like sickle. This sickle cell causes block in fine blood vessels. So, a severe pain is felt in that place. Anemia is also caused by this because the blood cells break so rapidly that red blood cells are not produced so speedily to make up the loss.

2. Huntington's Disease: This disease is caused by point mutation. The brain does not work properly for this disease. This disease reduces muscular strength and causes mental imbalance and finally leads to death. The symptoms of these diseases are not seen before the age of forty.

During anaphase stage of meiosis the homologous chromosomes do not separate from each other and go to any pole with pairs. This is called the non disjunction. If any chromosome has got the non-disjunction then some symptoms are seen. All these symptoms are called syndrome.

3. Down's Syndrome: The non disjunction of 21st chromosome of humans causes this disease. So swelling in eyelids, long tongue, flat nose and short hands are seen. These people are short and mentally imbalanced.

4. Klinefelter's Syndrome: This disease occurs for the disjunctions of sex chromosome. So the male sex cell gets an extra X chromosome with XY chromosome. So their chromosome is XXY. The boy with Klinefelter's syndrome gets the normal symptoms of male. Their voice is very rough, breasts are big, growth is slow and they are sterile.

5. Turner's Syndrome: This disease is caused for the non disjunction of female sex chromosome. The female has X chromosome instead of XX chromosome. These females are short with long neck. Their breast and sex organ do not develop in adult stage. So, they are infertile.

Except male sex chromosomes (X and Y), a male person has all other chromosomes in pairs (homologous). It means each gene also remains in pairs. So, if any gene of any chromosome has any problem, that gene of the other chromosome usually takes the responsibility, and thus, the problem is not revealed. If the problem occurs in the gene of a female X chromosome, the gene of the second X chromosome can overcome that problem. But if the problem occurs in the male X chromosome, no second way is left as a male person has only one X chromosome. Therefore, X chromosome related diseases occur more among the male people. Similarly, if there is any problem in the gene of Y chromosome, that is a problem only for the male and they cannot overcome it as there is no second gene.

Every gene has two copies. Among them, the gene that reveals its characteristics is called dominant gene. The gene that does not reveal its characteristics is called recessive gene. Again, if both the genes are simultaneously dominant or reces

sive, that is called homozygous. If one is recessive and the other is dominant, it is called heterozygous.

The fact will be clear through an example. The name of an X chromosome gene related disease is hemophilia. So, in the case of a female child, even if an X chromosome has hemophilia gene, hemophilia disease will not reveal as the other healthy gene is dominant. Though the disease is not revealed in her own case, this female child will be disease carrier. A female child will be attacked with hemophilia only if two X chromosomes have hemophilia gene.

However, in the case of a male child, the disease will be revealed if only one hemophilia gene is identified. That is why, hemophilia disease is found much more among the male children.

Individual Work

Task : Suppose hemophilia gene is X^h Healthy gene is X^H

Now, determine yourself in four different conditions

(1) Father is healthy (X^HY) mother is sick (X^hX^h)
(2) Father is healthy (X^HY)mother is carrier (X^hX^H)
(3) Father is sick (X^hY) mother is healthy (X^HX^H)
(4) Father is sick (X^hY) mother is carrier (X^HX^h)

Which male child will be healthy, which male child and female child will be hemophilia patient and which female child will be carrier of the disease.

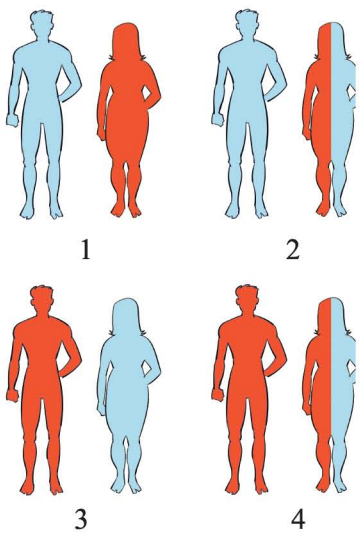


Figure 11.07 In four different situations, which male and female child will be healthy, sick and carrier?

Some conceptions of genetics are as follows-

Recessive gene- The gene which does not express its traits.

Dominant gene- The gene which expresses its traits.

The problem caused by sex linked gene in human body are given below-

Name of the traits or problems	Symptoms
Colour blind	Cannot understand the differences of colours.
Hemophilia	Abnormal delaying in blood clotting; so continuous bleeding happens and may cause death.
Ectodermal dysplasia	Absence of sweating gland and teeth.
Night blindness	Cannot see clearly at night.
Optic Atrophy	Decay in optic nerve.
Juvenile glaucoma	Rigidity in eye ball.
White forelock	A bunch of white hair in front of the head.
Myopia	Short sight
Muscular dystrophy	Complexity in muscle, losing capacity of movement even at the age of ten.

Besides these genetic disorders, there may be a genetic disorder in embryo for radioactive ray. So the child may be defective. Moreover, diabetes, asthma, cancer, heart disease etc. are also caused by genetic disorder.

11.2 Biotechnology and Genetic Engineering

The subject genetic engineering is well known to us for publicity. But in fact its application started many years ago with the development of civilization, when human beings started a settled life leaving nomadic life. Since then biotechnology has originated because at that time high yielding and nutritious plant and healthy animals became important to human beings. Thus, by favourable selection biotechnology started. Men have been producing wine, bear, vinegar, bread etc. with microbes or bacteria from ancient times. Now they use the biological activity of microbes in industry and human welfare. Thus they enriched biotechnology with new products. The research related to

biotechnology opened the new aspects of Biology. Biotechnology can be defined in various ways. Some say that the mechanism to make different products by the use of different animals for the welfare of human beings is called biotechnology. It is yet not possible to give a universally accepted definition of biotechnology. According to National Science Foundation of America, biotechnology is controlled use of cell or microbes for the welfare of human beings. Yogurt, vinegar, bread, wine and cheese are the products of biotechnology. These are called the old biotechnology. Recently by the research in molecular biology, the biotechnology has been expanded and that is called new biotechnology.

In fact biotechnology is the combination of three subjects e.g.-

1. Microbiology
2. Tissue culture
3. Genetic engineering

So biotechnology is a combined science with the combination of three subjects, this modem branch of biology has opened a new horizon of human civilization.

11.2.1 Genetic Engineering

After the invention of nature, chemical structure of genetic elements and process of controlling biological activity, scientists began to think about a new subject. They saw that all the genes of a living body are not good for it. After this thinking, a new subject called genetic engineering has been established. A process, by which specific gene carrier DNA part of a living being is separated and placed it in a different living body is called genetic engineering. We can say more simply that the process of changing DNA of an organism to get a desired character is called recombinant DNA technique. The process by which this gene is replaced is called recombinant DNA technique. Desired part of DNA molecule is cut separate and placed it in another DNA molecule, thus a new DNA molecule is produced. This DNA is called the recombinant DNA. The process by which recombinant DNA is made is called recombinant DNA technique or gene cloning.

A bacterium called Escheretia coli lives in human intestine. Most of the techniques of genetic engineering are invented by research on this bacterium. These steps are followed by recombinant DNA technique (Fig : 11.08)-

1. At first desired DNA part is separated from the donor of living beings, then plasmid DNA of bacteria is separated as carrier of this gene. Plasmid is a separate DNA molecule outside bacterial chromosome. It is capable of self replicating.

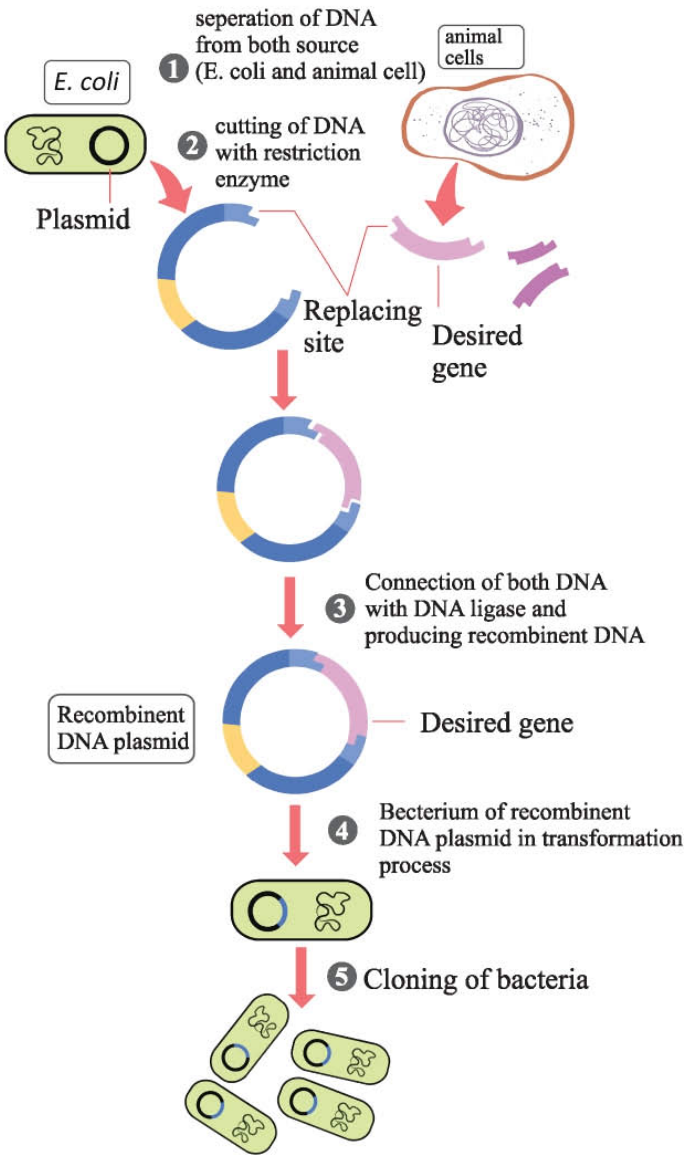


Fig. 11.08 : Cloning of bacteria with desired gene

2. In this step plasmid DNA and donor DNA is cut with a special enzyme. This part of donor DNA has the desired gene.

3. In this stage donor DNA is placed to the detached part of plasmid DNA with an enzyme called lygase, here lygase acts as a glue. So, recombinant plasmid DNA is created with desired gene. This recombinant plasmid carries the DNA part of the donor.

4. Now this recombinant plasmid is inserted in bacteria by transformation process. Inserting DNA part in the receiver cell is called transformation. After transformation the bacteria or any living being with new gene is called transgenic living organism.

5. Then recombinant plasmid carrier bacteria are separated and specific gene career bacteria are identified and multiplied. This is gene cloning. So, several copies of gene are made. Thus, the gene having desired characters is multiplied.

11.2.2 Cloning

Natural clone means a living being or group of living beings, which are produced by vegetative reproduction. They are very much similar to the mother. When a cell or group of cell is produced from one cell and their character is similar to the mother cell they are called clone. By using genetic engineering Cloning is of three types.

1. **Gene cloning:** To produce many copies of gene is called the gene cloning. Gene cloning can be done by recombinant DNA technology.

2. **Cell cloning:** To produce many cells of the same character from a single cell is called cell cloning.

3. **Living Being Cloning:** To produce one or many living beings with the same genetic character from a single parent is called the living being cloning. In nature vegetative reproduction of plant is also a clone.

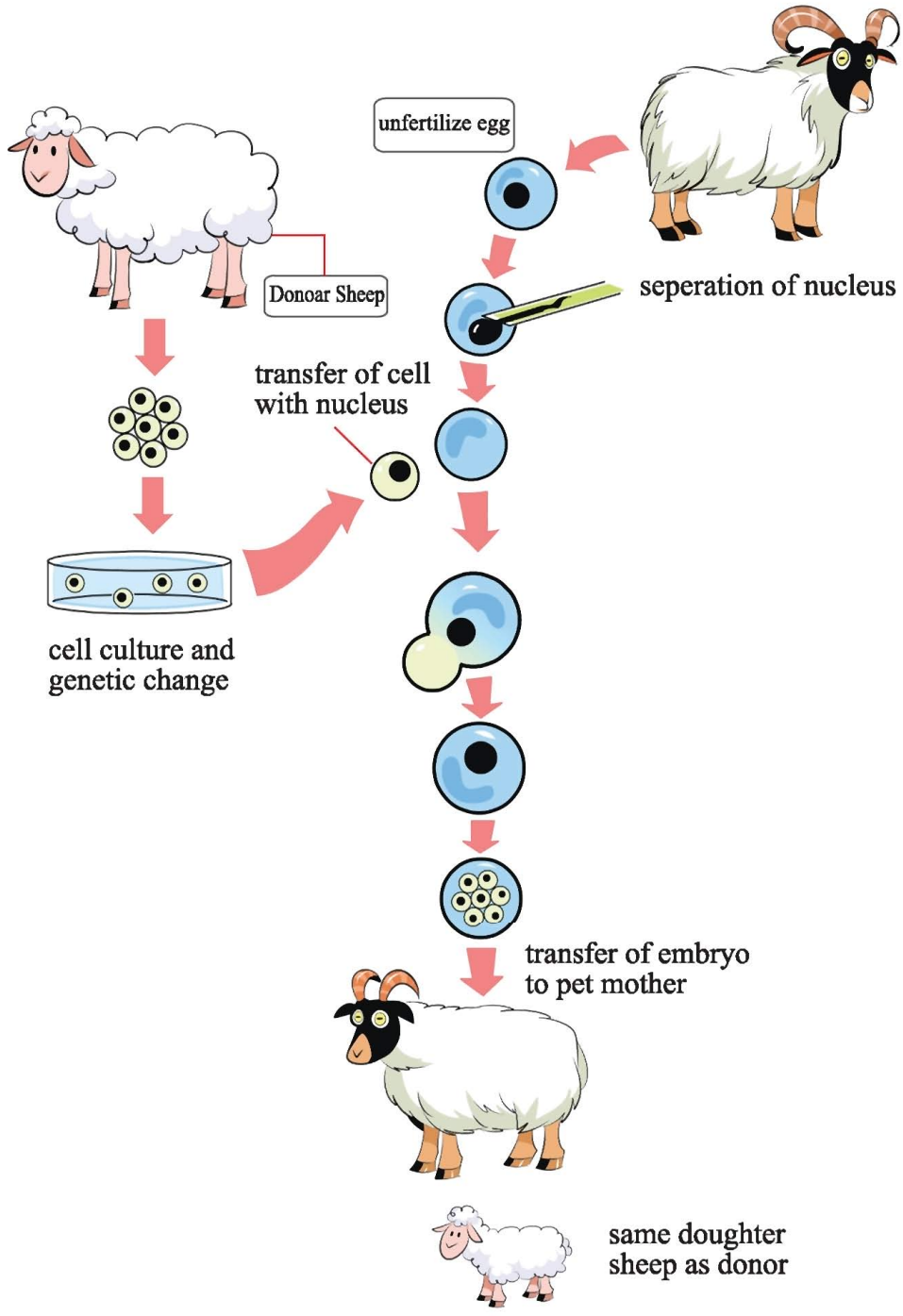


Fig. 11.09 : Creation of Doli

A sheep named Dolly is the first mammal which was cloned from an adult cell. The following steps are followed at the time of cloning (Fig : 11.09). In this case, the animal that is created from the ovum looks exactly identical like its mother.

1. Scientists used an udder cell from a six-year-old white sheep to clone the sheep named Dolly.

2. The nucleus inside the cell was kept unfed in its cell so that it forgot the identity to be the nucleus of an udder cell.

3. Collecting egg cell from another black-faced sheep, its nucleus was removed.

4. The cell nucleus collected from white sheep was then placed in the ovum. The nucleus was activated by electric shock.

5. After the ovum had developed into an embryo, that embryo was implanted into a surrogate mother.

Applying this cloning technology, rat, rabbit, cow, pig and even monkey were cloned. After cloning of rat, sheep, monkey etc. the scientists are now looking at human cloning. This process is no longer difficult, but meanwhile many countries have banned human cloning by making law.

Social Effects of Cloning

Entire cloning of an animal is called reproductive cloning. The sheep Dolly is an example of it. There is not much controversy regarding animal cloning, but, by this time, scientists have begun to think about human cloning. Now, there is a controversy regarding its morality. The questions of morality are as follows:

First, when the clone baby will grow up, what will be the character and personality of that baby. Will it be like the parents or not? Second, what social pressure will the clone baby have to undergo? Scientists are still not sure

whether the cloned baby will be healthy, disabled or deformed. However, no information regarding successful human cloning has been received so far.

We know the story of the monster of Arabian Nights that could not be recaptured in the bottle after release. Like atomic power, biotechnology is such a boundless power. So, our duty is to use this biotechnology for the welfare of mankind.

11.3 Use of biotechnology for the invention of higher plants and animals

Scientists are trymg to mvent higher animals usmg biotechnology and they have been successful. It resulted in transgenic plants and animals. The process of producing transgenic life is called transgenesis. Applying recombinant DNA and microinjection techniques transgenic lives were invented.

It is possible to create transgenic life from bacteria to plant and many animals. Thus the transgenic life creates a new possibility. In agriculture and for the development of domestic animals transgenic living organism easily brings success.

Transgenic animal: Gene can be transferred by genetic engineering. Thus transgenic rat can be invented which is capable of producing antibody of man. Transgenic cattle, sheep, goat, pig, birds and fish have been produced.

Transgenic plant: When a gene of a plant cell is transferred by the genetic engineering process, that plant is called a transgenic plant. By using recombinant DNA technique a desired gene is inserted to the protoplasm of plant cell.

Economically important plants are transferred into transgenic plant. So they become resistant to virus, bacteria and fungi. Transgenic plant can resist cold, salinity draught, nitrogen and phytohormone deficiency. So far 60 transgenic

plants have been created successfully. These are tomato, tobacco, potato, lettuce, cabbage, soya bean, sunflower, cucumber, cotton, pea, carrot, apple, radish, papaya, rice, wheat, maize etc. The peel of tomato does not become soft as they are made transgenic tomato. Not only that their ripening time is delayed and amount of sucrose increases.

11.3.1 Use of biotechnology in agricultural development

Food is the basic need of human body. Land is limited but population is growing. How it is possible to be self sufficient in food or how sufficient food can be produced and get financial profit, is an undeclared battle in the world. Biotechnology is a tool to win in this battle.

The use of biotechnology in agricultural development is described below:

1. Tissue culture: In this process the growing tips of plant that is root, stem, leaf and different parts of germinated seedling are cultured in a controlled environment in a culture medium. Many seedlings are grown from these growing parts in the culture media. Each of the seedlings then turns into a plant in suitable environment. In limited space and in controlled environment hundreds of thousands of desired seedlings are grown commercially using this process.

2. Producing high yielding plant: It is possible to produce high yielding variety by transferring some good gene of wild plant to the crop plant or changing in arrangement or structure of gene. Thus the high yielding variety of rice, wheat and oil seed are produced.

3. For qualitative improvement: The structure colour, taste, nutrient etc of plant and animal product has been improved by using biotechnology. e.g. sulfur amino acid producing gene of sunflower is transferred to glover grass by recombinant DNA method. When the Australian sheep eat this grass their hair become high quality hair automatically. No need to supply extra sulfur in sheep food.

4. Invention of super rice: The scientists of Sweden have invented rice called super rice or golden rice. This rice is enriched with vitamin A.

5. Invention of Vtamin-rich wheat: Recently a group of Spanish scientists have invented genetically modified wheat seed rich is Vitamin C, beta carotin, and folic acid. This wheat will remove malnutrition among poor people along with acting as balancd diet.

6. Sterile insect technique (SIT): The harmful insect of vegetables, fruits and dry fish or other insect can be controlled by SIT method of biotechnology. This method is mostly used in Japan, Philippines, Thailand, Guatemala, Brazil and other countries. Some scientists of Atomic Energy Research Establishment of Savar in Bangladesh are doing research for controlling the vegetable insects by this method.

7. Transgenic Plant: Up to now transgenic DNA technique has been applied in 60 plant species. There are tobacco, tomato, potato, sweet potato, lettuce, sunflower, cabbage, cotton, soya bean, pea, cucumber, carrot, radish, papaya, grapes, krishnachura (Caesalpinia pulcherrima) rose, apple, pears, neem (Azadirachta indica), rice, wheat, mustard, maize etc. These are insects, virus, bacteria and fungi resistant. They can face any unfavourable condition.

11.3.2 Use of biotechnology in pharmacy

Every year population and complication of diseases are on the rise. Scientists have developed pharmaceutical industry by using biotechnological method. Severe diseases have been identified along with the development of medicine production process. These are described below in brief:

1. Producing Vaccine: Many vaccines have been produced by using biotechnological method. These vaccines are used for polio, tuberculosis, measles, small pox, and many other contagious diseases.

2. Producing Interferon: Interferon has an important place in modem medicine industry. This element is composed of small protein molecule and it has an important place in modem medicine industry. It is possible to produce

interferon commercially by using genetic engineering. This is used for hepatitis treatment and interferon is used on cancer patient to keep it under control.

3. **Hormone production:** Different types of hormone such as insulin for diabetes, growth hormone production are the important side of biotechnology. Production of growth hormone by biotechnology is easy and cheap.
4. **Antibiotic production:** Within a short time large amount of antibiotic can be produced by using biotechnological method. Nowadays more than one thousand antibiotics are being produced. Among them the most important are penicillin and cephalosporin antibiotic.
5. **Enzyme production:** Some enzymes like amylase, protease and lipase are used for the treatment of diseases of digestive system. Physin is used for lukewarm and it is produced from the banyan tree. Thrombin is made from the plasma of cows, and it is used for stopping bleeding. For injury treatment trypsin is used. These enzymes can be produced as a benefit of biotechnology.
6. **Collecting medicine from the transgenic animal:** Necessary medicine is colleted from the blood, urine and milk of trangenic animals. This is called molecular farming.

11.3.3 Use of biotechnology for the development of domestic animals

The aim of producing high yielding animal is (1) to produce fat free meat (2) to make them sellable quickly (3) to grow immunity. Meanwhile transgenic sheep has been produced. There is up to 35 grams of human alpha antitrypsin protein in per liter milk of trangenic sheep. A badly harmful disease called emphysema occurs for the deficiency of this protein. The method of increasing flesh and wool has been accelerated by using gene technology. To produce fat free meat and increase production of human hormone is successful by the invention of transgenic pig. Transgenic goat has also been produced. The milk of this goat contains a protein which can melt clotted blood and protect human beings from coronary thrombosis. Transgenic cow can produce more meat and also produce lactoferin which is an important element of mother's milk.

Use of biotechnology for the production of milk products

Globally the main source of milk is cow. Buffalo, goat and sheep stand next to cow. Milk has various types of direct use but different milk products are made by various technologies. For example, butter, cheese, yogurt are produced from milk. Different types of bacteria are used in biotechnology for producing milk products. The manufacturing process of some milk products is described below:

1. Butter: The enzyme of special bacteria can create a special taste and flavour of butter.

2. Cheese: In our country cheese is produced from cow's milk or buffalo milk. Bacteria or fungi are applied for producing cheese. So the taste, colour and flavour of protein are different. Italy, France, Netherlands and UK are famous for producing cheese. The production of high quality cheese has been possible for biotechnology.

3. Yogurt: Production of yogurt or yogurt product is possible by applying bacteria because there is lactose sugar in milk. Lactic acid of bacteria makes the milk thick and clotted to make yogurt. A kind of bacteria called lactic acid bacteria is used to produce yogurt. The quality of yogurt depends on the quality of bacteria.

11.3.4 Forensic Test

Criminals are identified by forensic test of DNA or antibody of blood, sperm fluid, urine, tears, saliva etc.

The process of forensic test (Fig : 11.10), using biotechnology is described below:

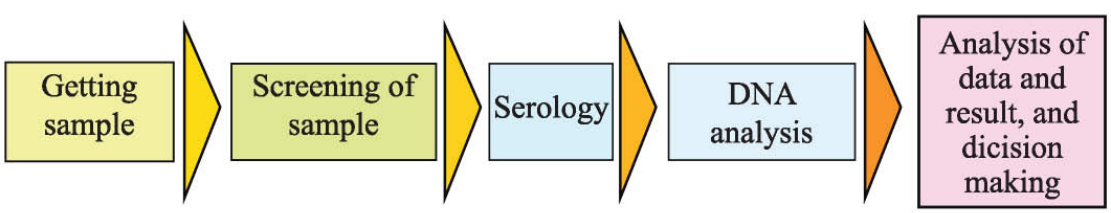


Fig. 11.10 : process of forensic test

The human blood, sperm and saliva can be identified by serological test. Thus, a criminal is identified by serological test.

We have discussed the application of genetic engineering and its benefits. Besides this, the location and function of genes in the chromosomes of human body is possible to know by Human Genome Project. Using genetic engineering, harmful gene can be replaced by beneficial gene. This is called gene therapy.

Exercise

Multiple Choice Questions

1. What is the number of sex chromosome?

a. 1 b. 2
c. 22 d. 44

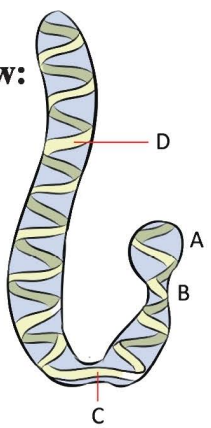
2. The basic elements of chromosome is-

i. Calcium and Magnesium
ii. Iron and Magnesium
iii. Calcium and Aluminium

Which one is correct?

a. i and ii b. ii and iii
c. i and iii ii and iii

Answer the question no 3 and 4 from the picture below:



3. What is the picture about?

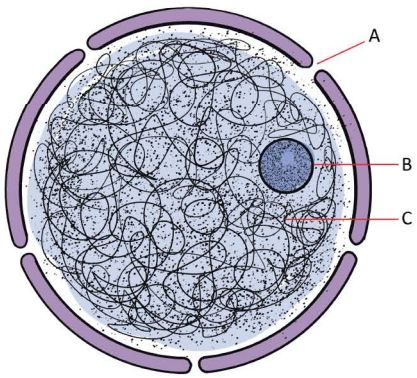
a. DNA b. RNA
c. Chromosome d. Nucleus

4. Which one is centromere in the picture?

a. A b. B
c. C d. D

Creative Questions

1. See the picture below and answer the questions:



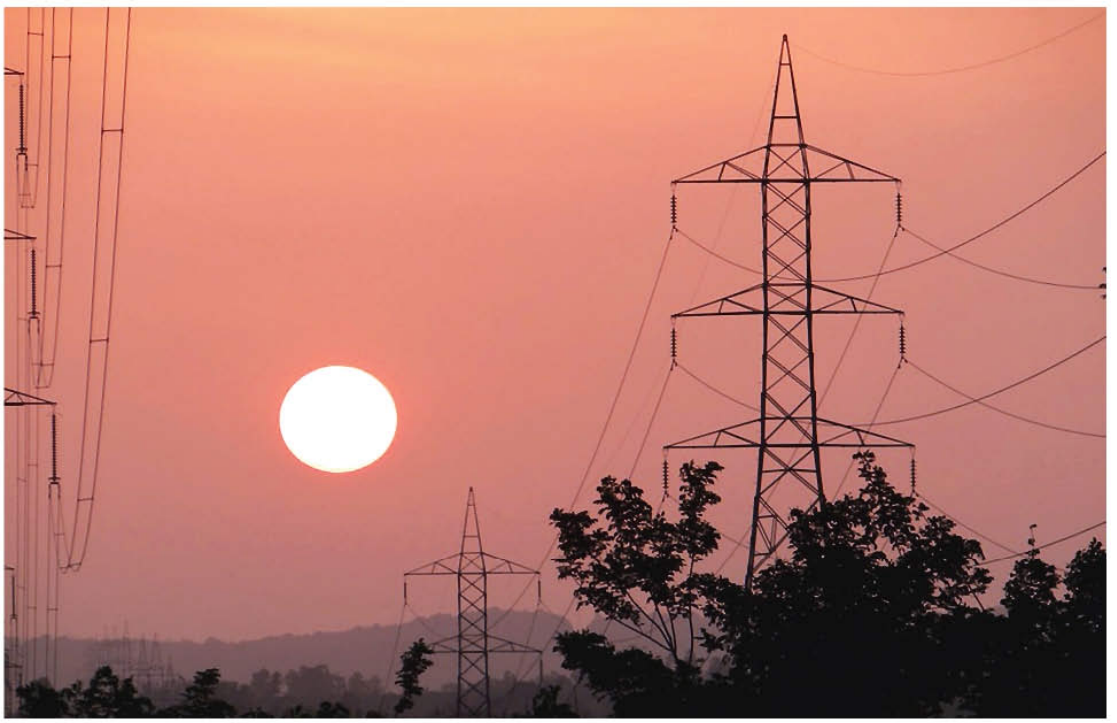
a. What is the full name of RNA?
b. What is DNA test? Explain
c. Explain this picture in the light of protocell.
d. Which one of A and C is more important for determining sex? Explain.

2. Fariha visited an agricultural field with her father. She saw there that tomato, tobacco, maze, papaya and many species were healthy and germ free. But those plants planted in her house were sick. She wanted to know the causes of this. Her father said, "The plants in the farm have used gene transfer technology".

a. What is nucleus?
b. What is meant by sickle cell disease?
c. Explain the technology referred to in the above paragraph.
d. How the technology mentioned in the paragraph is applied for the development of agriculture?

Chapter Twelve

Electricity in Daily Life



Among the various forms of energy, electric power is one of the mostly needed one because it illuminates our houses, rotates fans and operates radio, freeze, TV or computer. Electricity is used to cook food. Hence, for better understanding of its uses, we are to realize some general functions of electricity. This basic conception will help us ensure the proper use of electricity, prevent the misuse of electricity and raise public awareness of the proper utilization of electricity.



After the lessons of this chapter we shall be able to -

- Express the electrical components and instruments (accessories) by symbols.
- Explain the functions of battery.
- Design the electric circuits to use in residential houses.
- Explain the effects of electrolysis and electroplating in our daily life.
- Describe the importance of electrolysis and electroplating in our daily life.
- Explain kilowatt and kilowatt-hour.
- Calculate electrical power.
- Explain the advantage of energy saving bulb.
- Explain the functions and uses of I.P.S and U.P.S.
- Explain the system loss and load shading.
- Explain the contribution of electricity in development activities.
- Exhibit the use of suitable circuit useful for houses.
- Exhibit electrolysis by experiment.
- Use electrical components and instruments properly.
- Be careful to preventing the misuses of electricity and make others conscious of it.

12.1 Current Electricity

12.1.1 Symbol of Electric Circuit

For the convenience of drawing a figure or designing electric circuits, we use different symbols for each instrument or connection. The symbols of some of these instruments or connections are given in the diagram below:

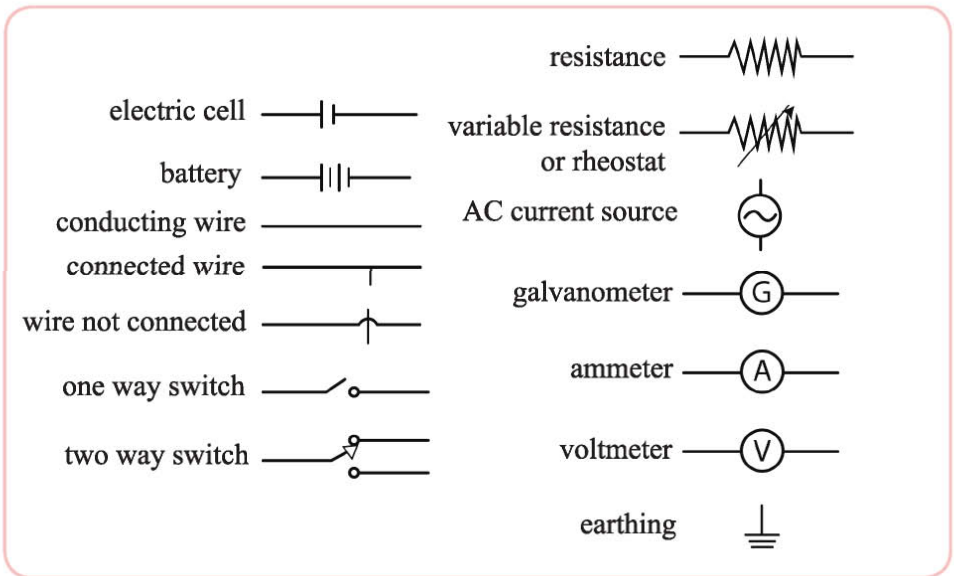


Fig. 12.01: Symbols used in electric circuits

12.1.2 Function of Battery

In our daily life, all of us have used battery cell in torch light or mobile phone. Although in our daily conversation, we use the word 'battery' for an electric cell, scientifically battery is a combination of more than one cells. Though it is mentioned as an electric battery, actually battery is a combination of more than one electric cell. Electric energy is stored in the battery cell. Figure 12.02

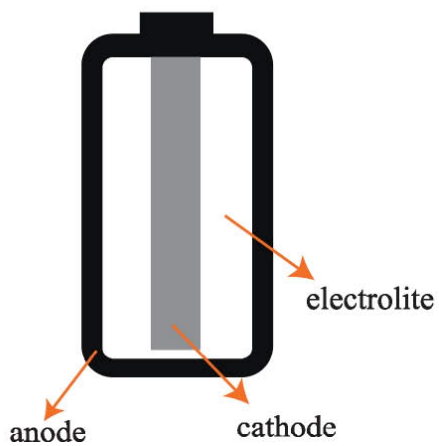


Fig. 12.02: Battery cell

shows the construction of a battery. Generally there are three parts of a battery—one anode, one cathode and an electrolyte inside the cell. In the chemical reaction in a battery cell, electrons dissipate in the cathode from anode. As a result, a potential difference between the anode and the cathode appears. In this position, if anode and cathode are connected with a conducting wire, electrons flow from cathode to anode. In the opposite direction of the flow of electron, the flow of electricity begins. We say electric current is flowing from anode to cathode.

When the chemicals in a normal battery cell get exhausted, the flow of electricity stops as it cannot create any potential difference between the anode and the cathode.

The batteries that we use in mobile telephone are recharged when their power of making flow of electricity exhausts. After being recharged, the chemicals in the battery get ready to produce electricity through chemical reaction again.

12.1.3 Electric Circuit

To know about how electricity works, we have to know about electric circuit.

(a) Battery Cell in Series: If battery cells are connected in a series (Fig :12.03), potential is added to the battery. It means if we get 1.5 volt from one battery cell, we can get 3 volt from two battery cells and 4.5 volt from three battery cells.

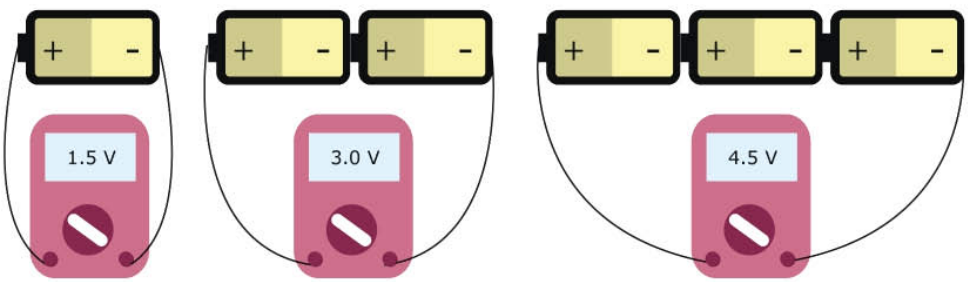


Fig. 12.03: Battery cells in series

(b) Battery Cells in Parallel Connection: If some cells are connected in parallel system, the potential does not change but more electricity can be flowed or electricity can be flowed for a longer period of time.

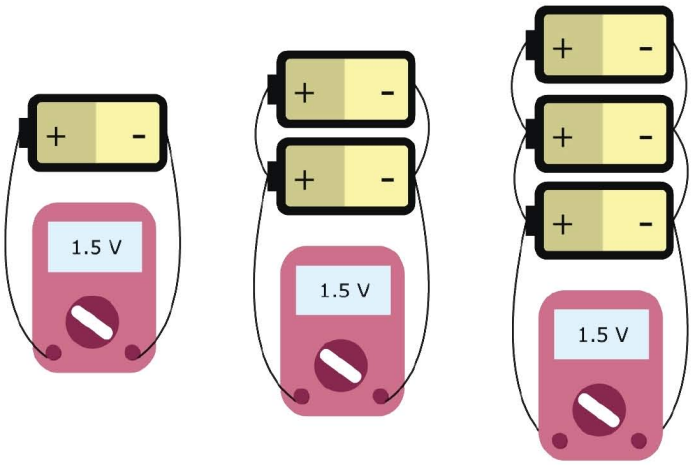


Fig. 12.04: Battery cells in parallel connection

(c) Suppose, we want to illuminate some bulbs with battery. That can be done in two ways—by series circuit or by parallel circuit.

Series Circuit

In a series circuit (Fig :12.05), a bulb will illuminate much brightly but if two or three bulbs are connected, the flow of electricity will decrease proportionately and the bulbs will illuminate favourably. If a series circuit is connected with single switch, all the bulbs will go out together when the switch is turned off.

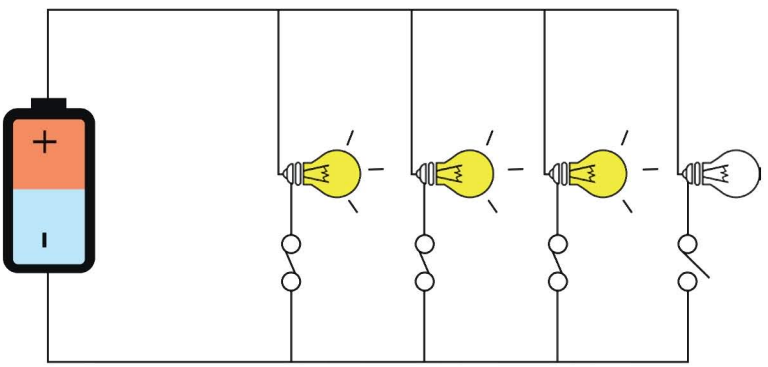


Fig. 12.05: Series circuit parallel circuit

Parallel Circuit

In a parallel circuit (Fig : 12.06), all the bulbs will illuminate with equal brightness as potential difference is applied from both ends of the battery cell. If we desire, separate switch can be used for each bulb which can be switched on and off separately.

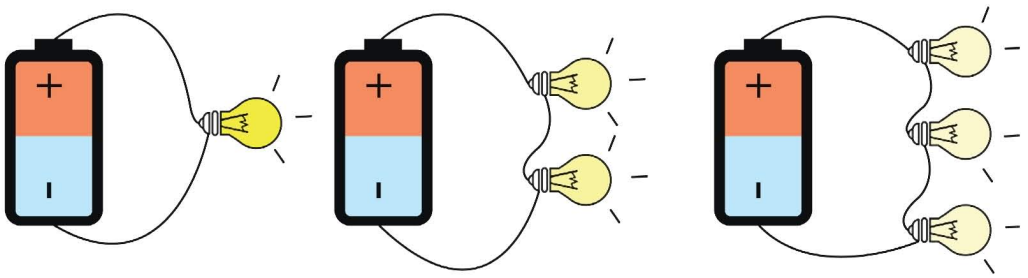


Fig. 12.06: Parallel circuit

As the potential difference of the battery always remains the same, these are called DC supply. The electricity that is supplied in our houses is called AC (Alternating Current) because they change from positive to negative fifty times per second. In a normal battery cell, the potential difference is only 1.5 V. Compared with it, the electric supply in our houses is 220V. It may be mentioned here that if the electric flow is more than 50V, we can feel it and the electric flow of 220V can cause a huge shock. If adequate electricity can flow through the body, even a man can die.

12.1.4 Design of Electric Circuit or House Wiring

There is electric connection in most of our houses. Do you know that a design is to be drawn before giving this connection? The design of an electric supply in the house is shown here. Series circuit is not suitable for electric connection in the house because all the bulbs will illuminate and all the fans will start moving as soon as the switch is on. Again, all of them will stop operating when the switch is turned off. Above all, in the series circuit, no bulb or fan will get necessary voltage, sharing of electricity will decrease voltage. In fact, parallel circuit system is followed for electric connection in the house.

Now, a detailed figure of house wiring is given below (Fig : 12.07). In this figure, it is shown how, by connecting the main line, other components like fuse, main switch, plug-socket, distribution box and necessary lights or fans are connected.

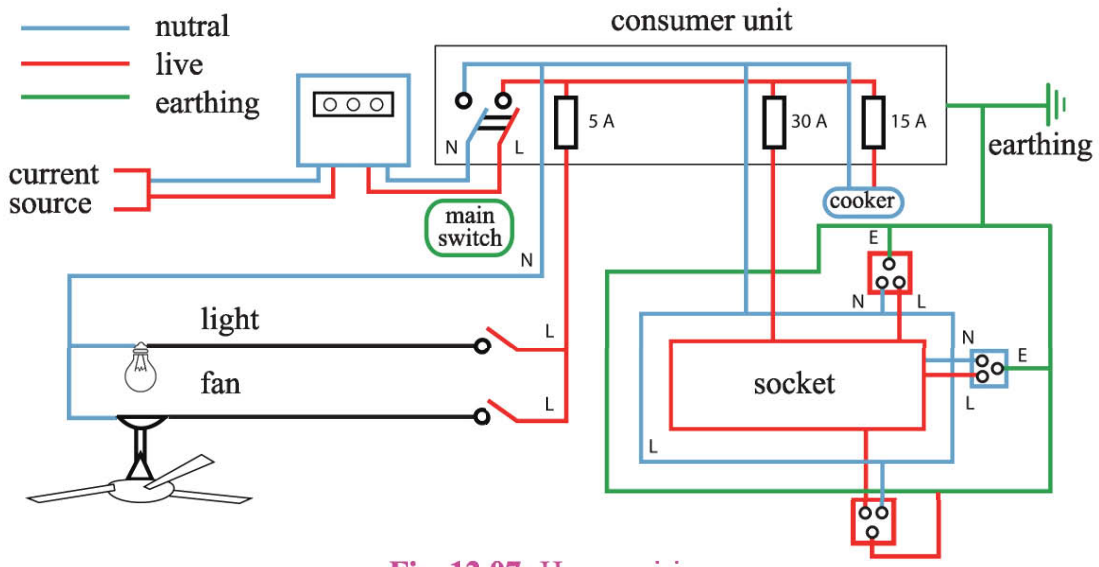


Fig. 12.07: House wiring

For electric supply in the house, between two wires, one is live wire (generally of red colour) and another is neutral (generally of black colour). There is an electric voltage (220 volt) in the live wire. The neutral wire has no electric voltage as it is connected with earth. It ensures the flow of electricity by fulfilling the circuit. The main wire is connected with the meter through the fuse or circuit breaker. The electric energy consumed by the house is recorded in the meter through this connection. Two wires from the meter are connected with the main switch. The flow of electricity in the house can be completely stopped with the help of this switch.

Two wires from the main switch are connected with the distribution box. From there, the two wires are distributed to different branch lines. There is individual fuse for each branch line. In the figure, circuit breakers 5A for light, 10A for fan and 30A for plug-socket have been shown. Each of them has connection with the live wire and for each light and fan, individual switch has been connected.

At the time of electrical wiring in the house, special eye should be kept on wiring so that all the fuses of the bulb or power switches are connected with the live wire. Moreover all the wires should be covered with PVC or any other insulator.

Lately, concealed wiring (wiring cable connected inside the plaster of the wall) is preferred. Other than this, we must ensure that all types of instruments are connected with the fuse. The use of suitable fuses with the types of instruments like freeze, television etc. must be ensured. Besides, a cable which can bear necessary load is to be used. Otherwise, at the time of the flow of electricity, the wires may be heated and it may cause accident.

12.2 Electrolysis

The process of separating the positive and negative parts of the molecules by passing electricity through a solution is called electrolysis.

The solute of the solution that is separated or analyzed into two parts by passing electricity is called electric solute or electrolyte. We have already seen that if potential difference is created connecting battery cell on both sides of a conductor, the free electrons of the conductor flow and that is called electricity. How will electricity pass through the solution at the time of electrolysis? At the time of electrolysis, electricity passes in the electrolyte through positive and negative ions. All acids, bases, some neutral salts, acid-mixed water etc. are electric solutes or electrolytes, such as, H_2SO_4, HNO_3, $CuSO_4$, $AgNO_3$, NaOH.

We know that normally the number of electrons of an atom is equal to the number of protons located in the nucleus. But if any atom, molecule or radical, have more or less electrons than the normal number, then it is called ion. If the number of electron is less than its normal number, it is called a positive ion. Again, if the number of electron is more than its normal number, it is called a negative ion.

The electrolytes are divided into positive and negative ions by electrolysis. The electrolytes, mentioned a little while ago, will be divided into ions as shown

below:

$$H_2SO_4 \longrightarrow 2H^+ + SO_4^{--}$$
$$HNO_3 \longrightarrow H^+ + NO_3^-$$
$$CuSO_4 \longrightarrow Cu^{++} + SO_4^{--}$$
$$AgNO_3 \longrightarrow Ag^+ + NO_3^-$$
$$NaOH \longrightarrow Na^+ + OH^-$$

In 1881, the renowned scientist Arrhenius explained electrolysis. According to him, if all the acids, bases and some salt-like compounds are dissolved in liquid, they are ionized and divided into equal amount of positively and negatively charged ions. Chemical properties are not expressed in the state of charged ion. But if these are uncharged, they can take part in chemical reaction. The ions move sporadically in the liquid. As electrons can create the flow of electricity in the conductor, so the ions in the solution can flow electricity. Now, if electricity is passed in the solution introducing two conducting plates or electrodes, negative ions are attracted by the anode and the positive ions are attracted by the cathode. For this oppositely directed motion of the ions, electricity is produced between the two electrodes.

12.2.1 Explanation of the Electrolysis of $CuSO_4$ Solution

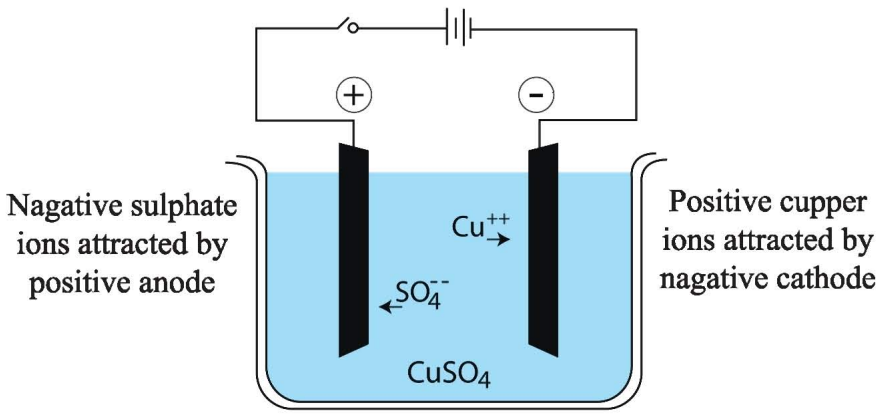


Fig. 12.08: Electrolysis

Certain amount of $CuSO_4$ and water is taken in a glass beaker. Dissolved in water, $CuSO_4$ is separated into Cu^{++} and SO_4^{--} ion (figure 12.08). Now, immersing two copper plates in the solution, if they are connected with an electric cell, the flow of ion will start. Cu^{++} ions, attracted by the cathode, take two electrons from the cathode and, being converted into neutral copper, accumulate in the cathode. On the other hand, SO_4^{--} ions, attracted by the anode, go there and dissipate two electrons and become neutral. This neutral SO_4 takes Cu from the anode and produces $CuSO_4$. This $CuSO_4$ again dissolves in the solution and keeps the concentration of the solution unchanged.

Therefore, it is seen that the amount of Cu accumulated in the cathode and the amount of Cu coming to the solution are same. The total result is that the amount of mass decreased in the anode is the same as increased in the cathode though it may seem to us that Cu is being accumulated in the cathode from anode. But if the electrodes are of any neutral metal other than copper, the copper molecules will accumulate in the cathode as before. However, SO_4^{--} produces H_2SO_4 by the chemical reaction with water and O_2 gas comes out in the form of bubbles. As a result, the concentration of the solution will decrease gradually.

12.2.2 Importance of Electrolysis in Everyday Life

1. Electroplating:

The process of coating any metal with another suitable metal is called electroplating. Generally the things made from the metals of inferior quality (like copper, iron, bronze etc.) are coated with costly metals like gold, silver or nickel to save it from climate or to make it beautiful. The substance which will be coated should be washed gently and kept in a container. It will be used as a cathode electrode. The metal on which the coating will be applied is to be used as electrolyte. Now, by using battery or power supply, electricity is passed from anode to cathode and, due to electrolysis, the substance is coated (Fig : 12.09).

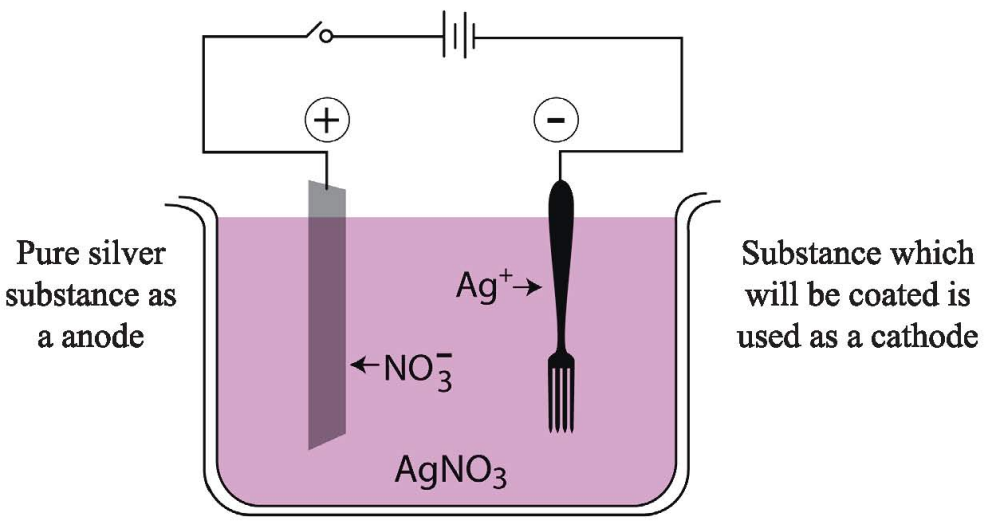


Fig. 12.09: Electroplating

2. Electrotyping

By applying a special process of electroplating to make letters, block models etc. is called electrotyping. For electrotyping, first the text is composed by common typewriter, and then an impression is taken on wax. It is made electricity conductive by spreading dust over it. Then it is immersed into copper sulphate solution as cathode and a copper plate is used as anode. Now, if electricity is passed through the solution, a copper coating will be layered on the wax mould. When the copper coating becomes thicker, it is taken out from the mould.

3. Extraction and purification of metals

Generally, metals are not found in pure state in mine. There is a mixture of various metals and this mixture is called ore. It is easy to extract and purify the metals from this ore by electrolysis. The ore from which the metal is to be extracted is used as anode. The metal which is to be extracted, any salt solution of that metal is used as electrolyte and a small plate of pure metal is used as cathode. Now, if electricity is passed through the solution, pure metal will be extracted from the ore and stored in the cathode.

12.3 Electric power

In physics, the term 'work' has a definite meaning. The unit of work and energy is joule. Work can be done by applying energy and the rate of doing work or the work done per unit time is called power. The amount of electrical energy spent or changed into another energy (heat, light, mechanical energy etc.) per second by an electric machine is called electric power.

Kilowatt

When the potential difference between the two ends of a conductor or an electric device is one volt, and if one ampere electric current flows through it, then the electric power of that device is one watt.

$$1 \text{ Watt} = 1 \text{ Volt} \times 1 \text{ Ampere}$$

When a large amount of electric power is used, then it is convenient to express it in kilowatt or megawatt.

$$1 \text{ Kilowatt} = 1\,000 \text{ Watt} = 10^3 \text{ Watt and}$$
$$1 \text{ Megawatt} = 1000000 \text{ Watt} = 10^6 \text{ Watt.}$$

Kilowatt-hour

If electricity flows for one hour through an electric device of power one watt, then the amount of electrical energy changes to another energy (for example- bulbs are lighted, it is light energy and when fan rotates it is mechanical energy) that is one watt-hour.

$$1 \text{ Watt-hour} = 1 \text{ Watt} \times 1 \text{ hour}$$

Sometimes, kilowatt-hour is also used instead of watt-hour

If we want we can also calculate how much energy is one kilowatt-hour.

Or, 1 Kilowatt-hour = 1000 Watt × 3600 seconds
= 3,60,0000 Watt-second
= 3,60,0000 Joule

That means in the unit of power it is 3.6 mega Joule.

Internationally, the unit of electric supply is measured by kilowatt-hour unit. This unit is called Board of Trade unit or BOT unit. The electric bill we pay is also calculated according to this unit.

Calculation of electric power

We know that electric supply company submits an electric bill to our houses or institutions per month. This institution fixes the value per unit. Accordingly we pay the electric bill. That means expense of consumed electric energy=consumed units of electric energy × expense per unit. All electric devices (light, fan, computer) mention what amount of electricity or electric power is required. So, we can easily calculate the consumed energy from there.

We want to calculate the consumed unit of energy or kilowatt. If the power of a machine is p watt and we use it for t hours, then the consumed energy E is:

$$E = P \times t \text{ Watt-hour}$$
$$E = (P \times t)/1000 \text{ Kilowatt-hour (or, unit)}$$

Therefore, if we know the power of an electric device, then by counting the time we can easily calculate the consumed electric energy. For example, if a bulb of 60 watt (p=60 watt) is enkindled 5 hours per day for thirty days (t=30×5 hour), then what amount of electric energy is consumed?

We know, Consumed energy = $(P \times t)/1000$ unit
$= 60 \times (30 \times 5)/1000$ unit
$= 9$ unit

Now, if the price is 8 taka per unit, then total expense for that consumed amount of electricity will be—

Total electric expense = 9×8 taka
= 72 taka

The meaning of 220 V - 60 W

On the body of bulbs we use for electrical light, V and W are written beside two numbers. If there is written 220V-60 W on a bulb, it means when the bulb is connected with 220V potential difference, the bulb will be enkindled with maximum luminosity. Then it will convert 60 Joule electrical energy into light and heat energy.

Advantage of energy saving bulb

Once we would use ordinary bulb. In this bulb, light is created by heating a metal filament, and so, a huge amount of heat energy was required. Due to technology, energy saving bulb has become available for domestic use. There are two types of energy saving bulbs—CFL (Compact Fluorescent Lamp) and LED (Light Emitting Diode) bulbs. This energy saving bulb can save 20%-80% electricity and can last 3 to 25 times more than normal bulbs.

Statistics show that if each family, in one year time, uses one energy bulb instead of a normal bulb; the energy which is saved can be used to give electric connection to thirty thousand families. If we can reduce misuse of energy by using energy saving bulbs, we can lessen our dependence on fuel because producing electricity by burning fossil fuels has an adverse effect on the environment.

Energy-saving bulbs last longer than normal bulbs. So, fewer bulbs are disposed. For this, there is an advantage in dirt and rubbish management.



Individual work

Task : Make a poster on why everyone should use energy-saving bulbs.

12.4 Use of Electric Energy

12.4.1 IPS and UPS

In our day-to-day life and in professional career, we are entirely dependent on electricity and in many cases, all our activities come to a halt if electric supply is stopped. Then, we temporarily use alternative supply of electricity. If this alternative source of electricity is late by one or two seconds, it does not hamper our lights or fans that much. But in the case of computer and such type tools, sudden discontinuation of electricity causes big problems for us. It may spoil information kept in the computer and even its parts may be damaged.

IPS and UPS (Fig : 12.10) have been made to quicken the process of uninterrupted electric supply through an alternative source after the stoppage of main electric supply.

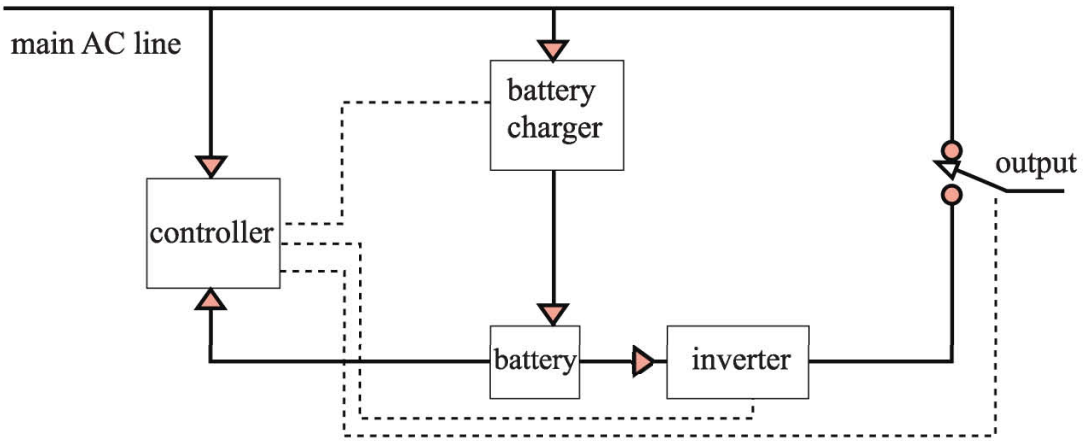


Fig. 12.10 : IPS/UPS

In the house IPS is used because there is no harm if lights and fans become operative a little later. It takes one or two seconds for IPS to be operative and generally it is used in domestic work like supporting lights or fans. Therefore, IPS can supply sufficient electricity for a fairly long time.

UPS is used in the case of computer and such like sophisticated tools. It is because UPS can ensure electric supply within ten milliseconds after the electricity goes off. So, there is no interruption of power supply in the computer.

Electric supply capacity of UPS is inadequate; generally it gives enough time to sum up the computer activities, save files and shut down the computer.

The work procedure of IPS and UPS are shown in the (Fig : 12.10). When the normal electricity remains functioning, the batteries of IPS and UPS get charged. Suddenly normal electricity and its main switch are removed from the main supply and they are connected with the battery circuit. As the battery provides DC supply, it has to be changed into AC by using inverter. As soon as the normal supply stops, the control circuit starts inverter circuit as well.

12.4.2 System Loss of Electricity

We know that the power plants at various locations of the country produce electric power. This electricity is distributed to different places according to needs. For electric distribution, first it is sent to various substations. Substations use electricity distribution management to reach electricity to the consumer level.

The conductive wire which is used to distribute electricity from one place to another has a kind of resistance though it is little in amount. Whenever electricity flows through a resistance (R), heat is produced (I2 R) and it is a loss of electricity or power erosion. This loss is called system loss. You have already known that if high voltage electricity is supplied for a definite electric energy, then the loss, resulting from resistance related heat energy, decreases. For that, the electric energy that is produced in the power plant is transformed into high voltage by using step up transformer. For the consumer's use, that voltage is further lowered into usable voltage before distribution.

12.4.3 Load-shedding

Each power plant produces a definite amount of electricity and the electricity produced by all the power plants adds to the national grid. It was earlier said that this electricity is distributed among the consumers through local sub-station. The national grid supplies electricity to various locations according to their needs. If the demand of electricity in a location is more than production, naturally necessary electricity cannot be supplied there. Then, the substations are compelled to suspend electricity in an area to supply it to other areas. This process is named load-shedding. As soon as the substation is supplied with necessary electricity, supply of electricity commences in that area.

12.5 Role of Energy in Development

The development of a country has a close relation to the use of energy. To speak the truth, the use of energy can be considered the first yardstick to understand how much a country is developed.

For the development of our country, we should put emphasis on education. In this country, a large number of boys and girls study in schools, colleges and universities. To run the educational institutions well, the supply of necessary electricity is to be ensured there. Light is required for the students to read at night, and their study is hampered if electric supply cannot be ensured. In the case of higher education, learners have to use laboratory, computer and networks are to be kept operative and, for all these, the supply of electricity has no other alternative.

In the economy of our country, agriculture plays a vital role. The country, being small, the area of cultivable land is small and it is getting further reduced. Growing two or more crops on this agricultural land, our country has acquired self-sufficiency in food. For this reason, we cannot depend only on natural agriculture; rather we have to irrigate the cultivable lands and that is not possible without energy. Electricity or fuel is required to operate pumps for irrigation. Fertilizer is needed for cultivation and fertilizer factories cannot produce necessary fertilizer without the supply of gas or electricity. To plough land and process crops, tractors are used and necessary fuel must be supplied for the tractors.

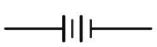
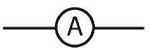
After agriculture, supply of energy is needed to ensure health service. A healthy environment is required to have a healthy physique. In the densely populated areas like Bangladesh, energy is needed for healthy environment and waste management. Energy is necessary to supply pure water. For medical treatment, supply of electricity in hospitals should not be suspended for a single moment.

Besides education, agriculture and health, energy is needed to build up communication system, industry, mills and factories and infrastructure. That is why power plants have to be built in the country through proper planning so that there is no shortage of energy in future. The wastage of energy has to be stopped and gas exploration by digging new gas wells should be continued. For the increase of the demand of electricity in the country, establishing nuclear power plant is considered to be a likely solution.

Exercise

Multiple Choice Questions

1. Which one is the symbol of ammeter?

a.  b. 

c.  d. 

2. In the process of electrolysis coating is given-

i. nickel on iron ii. iron on zinc iii. gold on copper

Which one below is correct?

a. i and ii b. i and iii

c. ii and iii d. i, ii and iii

Read the paragraph below and answer the question 3 and 4.

Ripon lives in Bakhsiganj. Here usually load shedding occurs. For this reason he is facing difficulty in many works. Ripon has set an IPS in his house.

3. Applicable for the instrument fitted as an alternative of electricity that?

i. It is run by alternating current.

ii. It is also charged in low voltage

iii. It is connected with the outputs of the current.

Which one below is correct?

a. i and ii b. i and iii

c. ii and iii d. i, ii and iii

4. The causes of the problem of Bakhsigonj ?

i. The system loss of electricity.

ii. The defects in the method of supply.

iii. The production of electricity is less than the demand.

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Which one below is correct?

a. i and ii b. i and iii

c. ii and iii d. i, ii and iii

Creative Questions

1. Mrs. Monsura Khanom is a conscious house-wife. She is very cautious of using electricity in the house. She enkindles 5 bulbs of 100 watts for average 6 hours daily. She observed that the electric bill submitted to her is excessive recently. For this, she replaced the bulbs and fitted 5 energy saving bulbs of 20 watt each.

a. What is electric power?

b. There is written 220 volt: 60 watt on the body of a bulb, what is the meaning of this?

c. What amount of total electric bill Monsura Khanom was charged before at the rate of 5 taka per unit?

d. Subsequently by changing the bulbs what was the benefit of Monsura Khanom? Give your opinion with arguments.

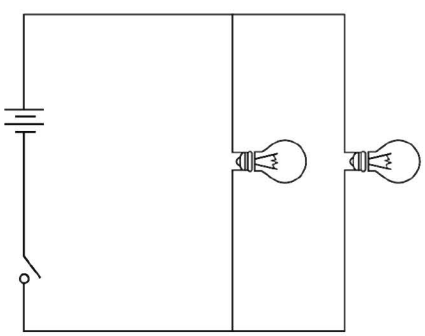


Figure-P

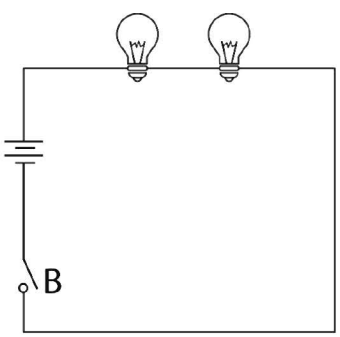


Figure-Q

2. See the two figures below and answer the questions.?

a. What is electrolysis?

b. What is meant by anode?

c. How the electron will flow at the point B? Explain.

d. Which one of figure P and Q is suitable for house wiring? Give your reasonal opinion.

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Chapter Thirteen

The World is Getting Smaller



Communication is a very important factor in human life. Communication has brought men, countries, societies all close to each other. Since the creation of human beings in ancient times men have been communicating with each other in various ways. Now, we can communicate within a moment from one end of the world to the other through radio, television, satellite, telephone, internet, fax and e-mail. Communication has changed the standard of life of men bringing them to the apex of development. To lead a successful and prosperous life in the society, country and world we will have to maintain communication with different people, countries and societies. In this chapter we will discuss communication, its principles, different techniques (skill) and instruments of communication.



After reading this chapter we shall be able to-

- Explain the basic principles of the information and communication.
- Describe the different steps of communication system by using a block-diagram.
- Explain the functions of microphone and speaker.
- Explain analogue and digital signal.
- Describe the advantages of digital signal.
- Describe the functions of main machines related to information and communication technology with the help of block-diagram, its advantages and their uses in our life.

13.1 Communication

13.1.1 What is communication?

All of us are acquainted with the term 'communication'. We are making thousand types of communication daily. For example, communication by road (land way), water way and air way. The meaning of these is to go from one place to another or to reach any message or goods by using car, horse, rail, boat, steamer and aeroplane as a carrier. Today we will tell you about a different type of communication. It is called informational communication. You get up from sleep when alarm of the clock rings early in the morning. It is your communication with the clock. You are listening to news of television or radio or watching or hearing any programme - it is also one kind of communication. After conversation, you tell your friend 'bye bye'. You call any taxi driver to your house over telephone. Just now you are reading this writing or paying attention to the lecture of your teacher in the class or raising question to him or giving answer to his question, all these are communication. Hence, communication is to give-and-take or exchange of talks, thought or information from one place to another place or from one person to another or from one instrument (device) to another instrument (device).

13.1.2 The Basic Principles of Communication

1. There must be one sender and one receiver for communication. Without any sender or receiver communication is not possible. There should be mutual understanding and confidence, should have eagerness and acceptability between the sender and receiver in communication.

2. The language of communication is to be easy, simple, very clear and complete. Communication is actually an art. Its information or signal or language is to be understandable and clear to the sender and the receiver.

3. Correct information is to be sent to the right person.

4. There must be courtesy in the use of languages and communication.

13.1.3 Process of Communication and Its Steps

The sender sends messages in the form of signals through any media. The receiver receiving this message in the form of signals and comprehends its meaning then responds to send the answer (Fig : 13.01). This response or answer is delivered to the sender and this act is called feedback. In this way, communication system proceeds on.

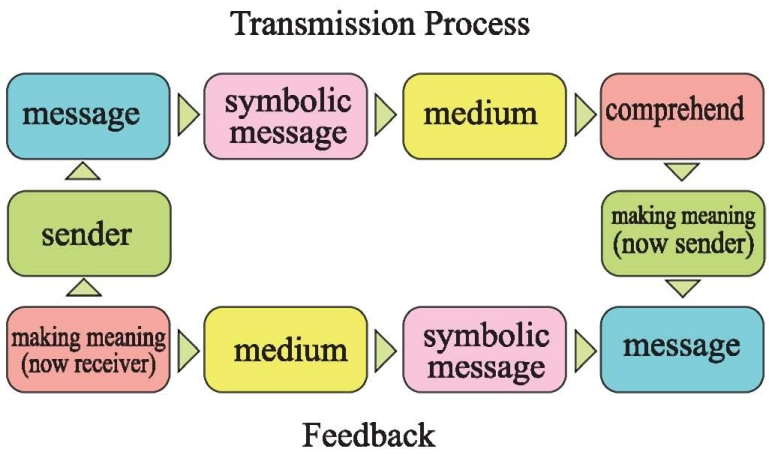


Fig. 13.01 : Process of communication made by man

Any electronic communication system has one transmitter, one communication medium and one receiver. In most of the communication systems the message is made by a person. Later he sends the message through the communication medium with the help of the transmitter. The receiver receives it and delivers it to another person. These are the steps of electronic communication (Fig : 13.02).

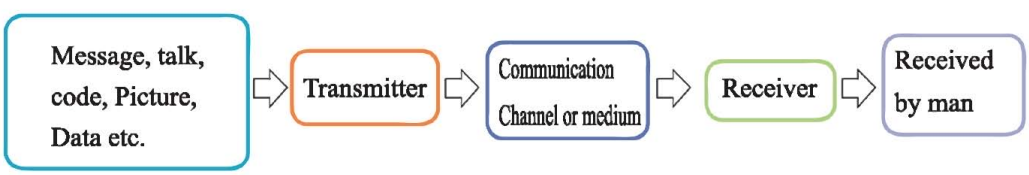


Fig. 13.02 : The main elements or steps of electronic communication

13.1.4 Purpose and Importance of Communications

Communication is the main process of exchanging information. Through it a person expresses or reaches his thoughts, ideas, and feelings from one person to another person. Since the creation of human beings in ancient times men have been communicating with each other in various ways. Now we can communicate within a moment from one end to the other end of the world through telephone, internet, fax and e-mail.

Solution of any problem and development of relation depend on the successful and effective communication. Study, research, trade-business, industry, politics, economics, diplomacy, transport management, arresting criminals, controlling crimes etc can be performed successfully and very quickly because of the developed communication. To influence the people by advertising the commodity exchange of information, to make any plan and its implementation, initiative for any co-operative enterprise are possible by communication. Electronic communication technology is taking us to the peak point of prosperity day by day. Every day we are proceeding. So, this generation is called the generation of information and communication technology.

13.2 Microphone and Speaker

13.2.1 Microphone

In a meeting or function, the speakers deliver their speech standing in front of an electronic device which is called microphone. Microphone converts the speaker's voice into electric signal. That electric signal is amplified with the help of an amplifier and sent to the speaker. Then, the speaker converts that signal into sound and the listeners hear the sound loudly. When you use the mobile phone, though it is not seen from outside, you actually speak through microphone and hear through the speaker.

Functions of Microphone

There are various kinds of microphones which are used in daily or special activities. In the figure 13.03, the construction of such a common microphone is shown. There is a thin plate or diaphragm at the front part of the microphone. A coil, attached to the diaphragm, moves in a magnetic field as shown in the picture. When a person speaks in front of this microphone, the diaphragm vibrates with the vibration of the sound wave.

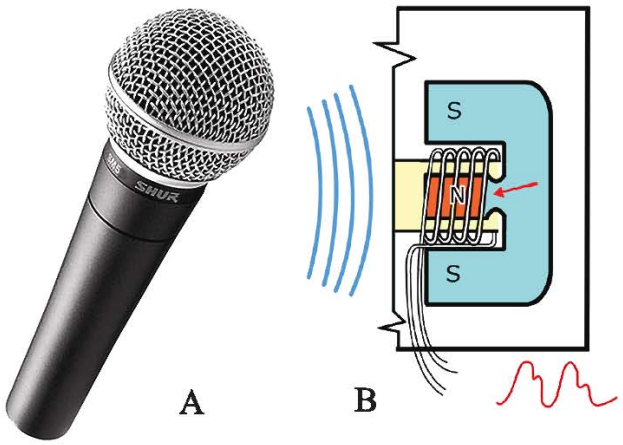


Fig. 13.03: (a) Microphone and its (b) Construction

The coil, attached to the diaphragm, also moves forward and backward. If a coil moves in a magnetic field, an electric charge is produced there. Thus, the microphone converts sound energy into electric energy and sends a signal.

Even if this electric signal or audio signal is presented perfectly, its magnitude remains very low. So, to use it, this value is to be increased by using amplifier. Then, this signal is used not only in speakers but also in telephone line, in broadcasting radio or in recording.

13.2.2 Speaker

The speaker does just the opposite work done by the microphone, i.e. it converts electric energy into sound. Figure 13.04 shows the construction of a speaker. Instead of a diaphragm, a speaker has a coil connected to a paper-made or light metallic cone. When the audio signal, converted into electric signal, is sent to the speaker by amplifying, the paper-made and light metallic cone creates the appropriate sound vibrating forward and backward.

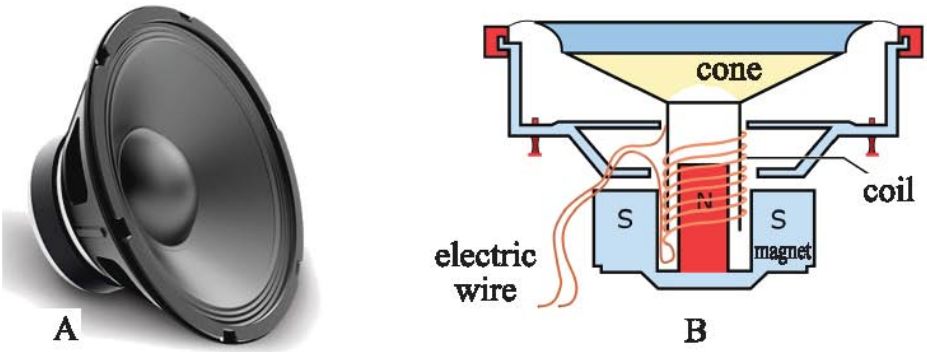


Fig. 13.04: (a) Speaker and its (d) Construction

13.3 Analogue and Digital Signal

Signal is any sign, work or sound which conveys certain information. Various signals through various media can be used. In this chapter, we shall confine our discussion to electrical signal.

Considering the process of transmission, electric signals can be divided into two types: analogue and digital.

Analogue Signal

Various events like sound, light, pressure, temperature and so on are taking place every moment around us, we express them as data or information. Their magnitude changes continuously. As we need that magnitude for various purposes, we preserve them, analyze them and transmit them from one place to another. These data or information, whose magnitude changes continuously, can be converted into electrical signal and this type of signal is called analogue signal. If this analogue signal is processed by any electronics, then it is called analogue electronics.

Digital Signal

The signal of this ever changing information or data can be processed in a completely different way. To do that, its value is assessed frequently and

converted into a kind of digit. Then, the value of this digit is serially preserved. When the magnitude of a signal is converted into digit, we call it digital signal. Then, we can process these digits of the digital signal by using electronics according to our needs. Again, when this digital signal is to be changed into its original analogue signal, the equal electrical signal of the values preserved serially is to be produced. In our daily life, we use decimal digits based on ten. But in electronics, digits are indicted with the help of binary code because, then, any particular voltage can be supposed 1, and zero voltage as 0. This kind of electronics is called digital electronics (Fig : 13.05).

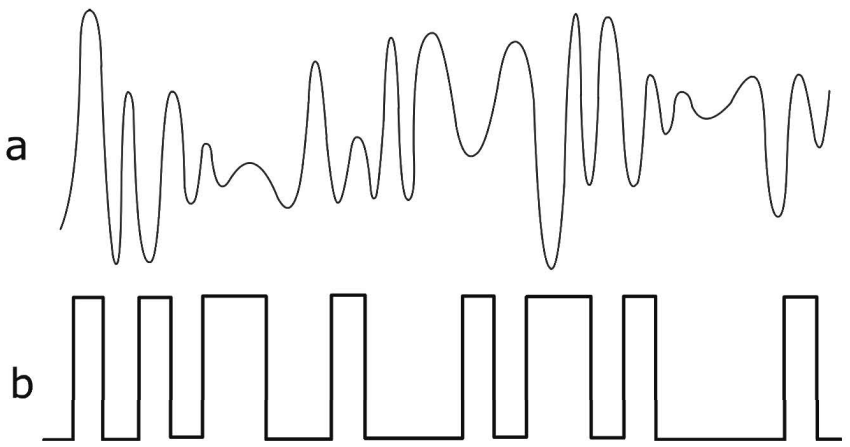


Fig. 13.05 : (a) analogue and (b) digital signal

Computer is the greatest contribution to electronics. All information in computer is exchanged through digital electronics. Digital electronics is also used in Internet or computer networks to exchange information. The signals of sound, picture, and video and soon begin as analogue signal and are used as analogue signal as well. But they are preserved, processed and transmitted as digital signals. Noise can easily enter into analogue signal and damage the quality of the signal. If that signal is once changed into digital signal, noise cannot easily pervade there. As a result, the quality of the signal remains unchanged.

To process digital signal, a special kind of IC is made. These ICs are gradually getting stronger, that means they can digitalize a large amount of signals

accurately within a short time. So, with the passage of time, the process of digitalization becomes easier. It is not an exaggeration to say that the world around us is getting transformed into a digital world.

13.4 Information and Communication Technology

Now-a-days, information and communication technology is a very familiar topic. Ranging from day-to-day work to many vital work of professional life, we can perform many activities easily by using information and communication technology. In the 19th century, the development of telephone and telegraph advanced man's communication power. In the 20th century, radio, television, cell phone and fax have brought about a revolution in communication. Lately, computer and Internet have made the greatest contribution to the field of communication.

13.4.1 Radio

Radio (Fig : 13.06) is a very important medium of recreation and communication. Besides news, we can listen to music and even advertisement of commodities. The army and the police exchange information within themselves using their own radio. Radio technology is also used in cellular telephone communication.



Fig. 13.06 : Radio set

When a person speaks in front of microphone in the studio of a radio broadcasting station, that audio signal is converted into electrical wave. We can hear the sound from 20 Hz to 20,000 Hz. So, the frequency of the electrical wave converted from audio signal becomes the same. To send this signal, it is connected with a wave of high frequency. This wave of high frequency is called carrier wave.

The process of connection with carrier wave is called modulation. This modulated wave is amplified with the help of amplifier and transmitted to the space with the help of antenna. This electromagnetic wave or the radio wave can go far away either as earth-wave or being reflected on the ionosphere (Fig : 13.07). The antenna in the receiver device converts this radio wave into electrical wave. Then, it is separated from the carrier wave by using necessary electronics. This process is called demodulation. The demodulated electric signal is transmitted to the speaker for hearing by amplifying it.

Radio broadcasting stations use separate frequency to transmit as radio wave. To listen to a particular station, the receiver device also tunes the frequency of that signal. So, every radio station can broadcast its own programmes and the listeners can listen to the programmes of their favourite radio station.

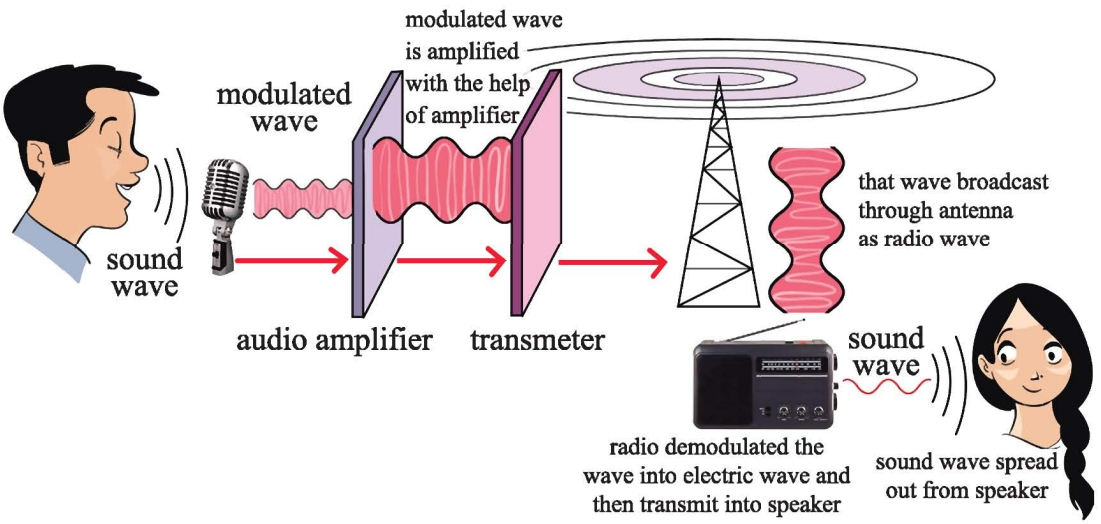


Fig. 13.07: Radio broadcasting and reception system

Here, it may be noted that the receiver signal which is connected by modulating the amplitude of wave is called AM (Amplitude Modulation) radio. If the frequency is modulated keeping amplitude unchanged, it is called FM (Frequency Modulation) radio.

13.4.2 Television

All of you have watched television and you know that television is such a **machine** in which video or moving picture along with sound, telecast from a distant telecasting station, can be viewed (Fig: 13.08). In 1926, John Logy Bayard first transmitted video or moving picture through television. His process was a mechanical one. Later on, pictures sent by using electronics began to be used as a modern system.

If you have understood how radio transmitter and receiver work, then you will easily understand how television works. In television, sound and picture are transmitted as separate signals. The process of transmission and reception of audio signal in the receiver has already been described. Let us explain the process of sending picture.



Fig. 13.08: Past and present television set

In order to transmit moving picture or video, 25 still pictures are to be sent, and then, they do not seem separate still pictures to our eyes. Rather they seem to be a moving picture.

For the transmission of colour picture, the television camera takes snap of every picture in three basic colours—red, green and blue (RGB). The light, inside the television camera, is converted into electrical signal by using CCD (Charge Coupled Device). This electrical signal is transmitted through an antenna by using high frequency carrier wave (Fig: 13.09).

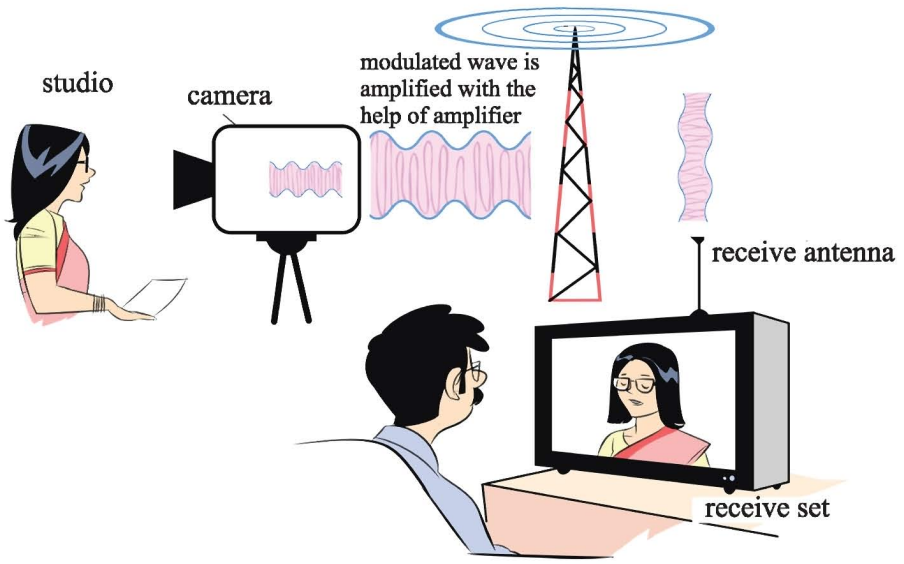


Fig. 13.09: Television broadcasting process

Receiver signal or television set with the help of its antenna receives high frequency carrier wave and finds out the signal of the main picture carrier wave using rectifier. In the past, three- colour pictures were thrown on the screen of the picture tube named the cathode ray tube with the help of electron gun. Now, picture tube has almost disappeared and LED (Light Emitting Diode) television has replaced it. Here, instead of making screen picture with electron gun, picture is created by flowing electricity on small LED of red, green and blue colours. The brightness of LED television is much higher and quality is also far better.

It is mentionable here that besides sending television signal with antenna, signal can also be sent by coaxial cable. This kind of telecasting is known as cable TV. Moreover, another kind of TV known as satellite TV telecasts programmes which are sent to the earth by the satellites sent to space.

13.4.3 Telephone and Fax

Telephone (Fig : 13.10) is the largest and most widely used communication medium. Now, we can communicate with anyone from any corner of the world using this telephone.

Landphone

In 1875, Alexander Graham Bell invented television. Through various evolutions, television has taken the modern shape. But the process of its original work is the same as before.



Fig. 13.10: Landphone or mobile or cellular phone

All of you have seen and used telephone. There are five components of telephone: (a) Switch: It connects or disconnects from the main telephone network, (b) Ringer: It rings and tells that someone has communicated, (c) Key-pad: By using it, a person can dial another one, (d) Microphone: It converts our voice into electrical signal, (e) Speaker: It converts electrical signal into audio signal.

Each telephone is connected to the regional office with copper wires. When we dial any number to talk, the information reaches the regional office. A switchboard there connects the caller with the listener's telephone set. If we want to talk to anyone, who stays at a long distance or in a foreign land, the switchboard connects us with the particular network.

Before the development of technology, when two persons from two different parts of the world talked to each other, their telephone was to be connected with the help of copper wires. That is why the whole process was very expensive. In modern communication system, the process has become much easier. Now, in an optical fiber, literally the voice of millions of people can be transmitted, and so, telephone conversation has become much easier.

Mobile Telephone

As the landphone is joined with copper wire, it has to be kept at a fixed place and one has to come to that place to receive a phone call. Mobile telephone has freed us from that obligation. We can carry this telephone anywhere with us and, as long as we are in the network, we can dial any number, talk to any person or

exchange SMS. For this reason, mobile phone is now most widely used and it has become the most popular communication medium.

All of you have seen mobile phone is not connected with any wire which means it communicates through wireless or radio technology. Therefore, each telephone has a radio transmitter and a radio receiver simultaneously.

A mobile telephone requires all the components of a land telephone in a way or other. Some extra things are required as well. They are (a) Battery: to supply electrical energy to the mobile phone, (b) Screen: to show the information of communication, (C) SIM card: (SIM: Subscriber Identity Module): to preserve user's information, (d) Radio Transmitter and receiver: to communicate with the network, (e) Electronic circuit: helping the mobile phone function accurately.

To perform the work of mobile phone, the entire area is divided into many cells (Fig : 13.11). For this reason, mobile phone is also called cell phone. The area of these cells may range from 1 to 20 kilometers. There is a base station (BTS: Base Transceiver Station) in every cell. In an area, several base stations communicate with the Mobile Service Switching (MSC) through the Base Station Controller (BSC). Mobile switching centre is one of the most important components of a mobile network. Here, the caller and the called are introduced to each other.

When the caller dials any number, the mobile phone of the caller gets connected with the base station (BTS) of his/her own cell. From that base station, the caller's call reaches the Mobile Switching Centre (MSC) through the Base Station Controller (BSC). The Mobile Switching Centre finds out the information about the cell identity of the caller from the database. Then, the caller's call connects it with the Base Station of the cell and from that Base Station, the receiving mobile phone is dialed.

Many technological inventions have been made to keep the mobile phone network functioning. A very weak signal of mobile network is used to connect with the nearby base Station. If we go from one cell to another, the base Station

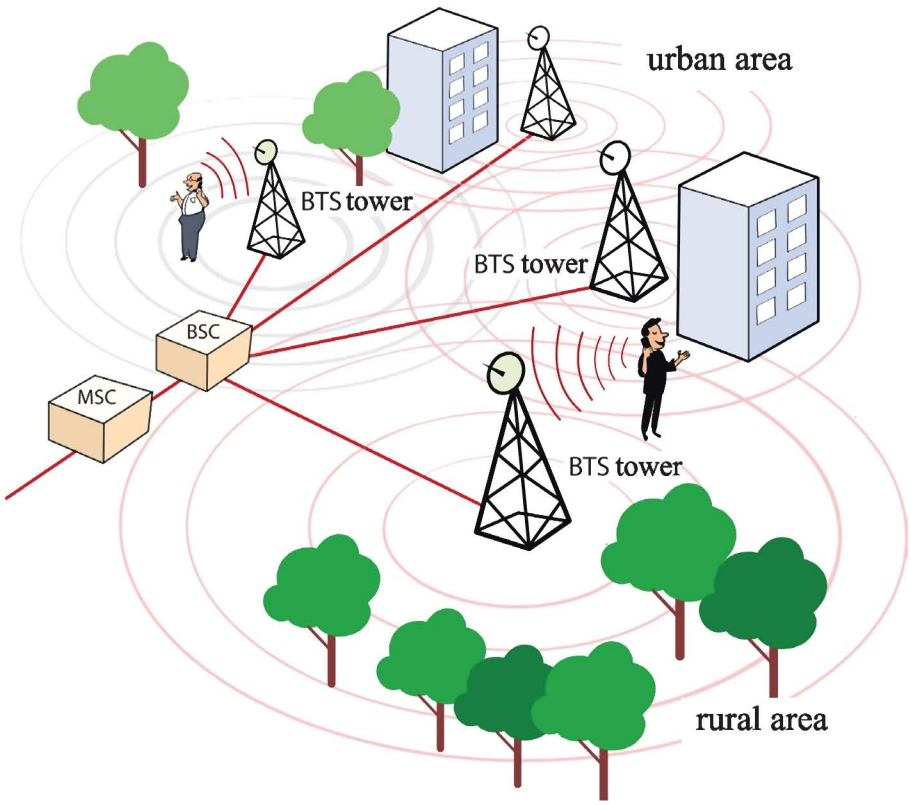


Fig. 13.11: Mobile telephone network

can identify it, and change the communication accordingly. In a densely populated city, where there are many mobile phone users, many small cells are used to facilitate them with telephone communication. On the other hand, in a thinly populated village area, a large cell covers the network of the entire area.

It is mentionable that in the beginning, telephone was invented only for conversation. Along with conversation, mobile telephone has provided us with the facility of sending SMS. Now, the new phones named smart phone can send all kinds of data along with human voice. So, they can easily be connected with Internet and the work which was impossible without computer or laptop can now be done with smart phone. Not only that, various apps are being made for these smart phones and they help us perform various jobs.

Smart phone has brought about a revolutionary change in our life style. At the same time, because of easy access to Internet, the new generation is spending much unnecessary time in various social networking media. At present, it is not only a problem for our country but also a big global problem.

Fax

The term 'fax' is the abbreviation of facsimile. Fax means sending copy of a document instantly and directly with the help of telephone line. In the present age, the use of computer, computer network, Internet has far exceeded fax technology. Even then, almost all institutions are using this old but reliable technology. It may sound astounding that fax transmission is done through telephone line but the first idea to patent fax was done 30 years before the invention of fax.

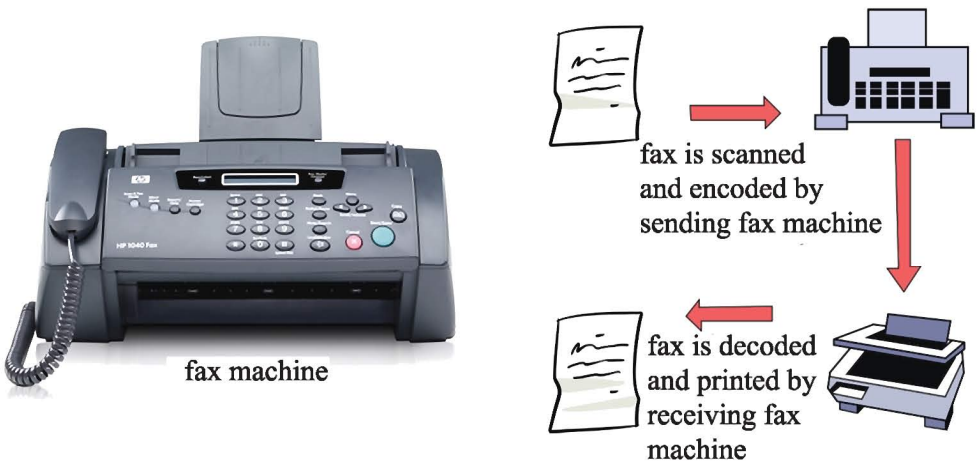


Fig. 13.12: Fax machine and its functioning

Fax machine can both send the copy of a document and print the copy sent to it. When a document is given to the fax machine, a bright light is effused there. Black part of the document reflects less and the white part reflects more light. Preserving this information, the copy of the document is converted into electrical signal and sent through telephone line.

The fax machine connected with the other end of the telephone line print the copy of the document sent to it (Fig : 13.12). Fax machine is still a reliable

technology. It can send the copy of a document as black and white colour. So, it is suitable for written document but not for coloured document or photographs. Moreover, most of the machines use thermal paper, and so, the document becomes illegible very quickly.

13.4.4 Problems Created by Radio, Television and Mobile Phone

The problems which may result from radio and television are mainly health problems resulting from noise pollution. Many of you operate radio and television in high volume. It may result in hearing problem not only for yourself but also for others residing beside you. Those, who listen to radio or music wearing headphone all the time, may suffer from headache, short of hearing and other health problems.

Again, those who watch TV three to four hours a day may suffer from many health problems like headache, sleeplessness, eye-pain and short-sight. These reactions cause more harm to children. To take protection against the radiation emitted by television, it is better to watch TV sitting at a safe distance from the television.

The number of autistic children is alarmingly increasing in the world and it may have a relation to children's watching TV at a very young age. Therefore, doctors advise the families of autistic children not to watch television.

Now, let us discuss the health problems arising from mobile phone. Mobile phone is a radio device of weak power which transmits or receives radio wave frequency radiation with the help of a small antenna. At the time of using mobile phone, this antenna gets very near the head of the user. People of the world are worried that the frequent use of this microwave may cause cancer on the head. Although there is not much evidence about the creation of this problem, we are told to be careful in order to be saved from excessive radiation as this radiation may create problem in the development of brain cells of children.

All are warned not to use mobile phone during driving a car. The chance of accident increases for the use of mobile phone during driving a car.

Modern technology has made our life much easier. But if we are not considerate and use them unwisely and recklessly, many new problems may arise in our life.

13.5 Computer and Networking

13.5.1 Computer

All of you have used computer. Those who are hesitating may be told that with the utterance of the word 'computer' the things that flash upon our mind are a monitor, a CPU or key-board or laptop—only these are not computer. The mobile telephone that we use contains a small or a complete computer.

In the modern world, the importance of computer is huge because it is not like an ordinary machine. All other machines or tools can always perform a particular work. A screw driver cannot be used as a flute. In the same way, a flute cannot be used to remove a screw. But computer is such a machine, which can do everything possible. The limitation of which works can be done is only one i.e. man's creativity. The more a man is creative, the more he can use computer. That is why, by using computer we can compute and at the same time we can listen to music, draw pictures, exchange information, control machines, even the most wanted criminals can use it to cheat people.

Construction of a Computer

Those who have peeped into computer may have thought that it is a very complex machine but you will be happy to know that its main process of performing any work is easy. It has two main parts: one is microprocessor and the other is memory (Fig : 13.13). In the memory, various types of instructions that are stored are nothing but digital signals. From memory, these instructions are sent to the microprocessor. Microprocessor knows what to do for which instruction and does the work allotted to it. Again, the microprocessor stores the result in memory unit when it is needed. In this way, when all the instructions in

the memory are done we say that it has finished all programmes. Computer does not depend upon memory only to preserve information. The unit where information is kept permanently is called hard drive.

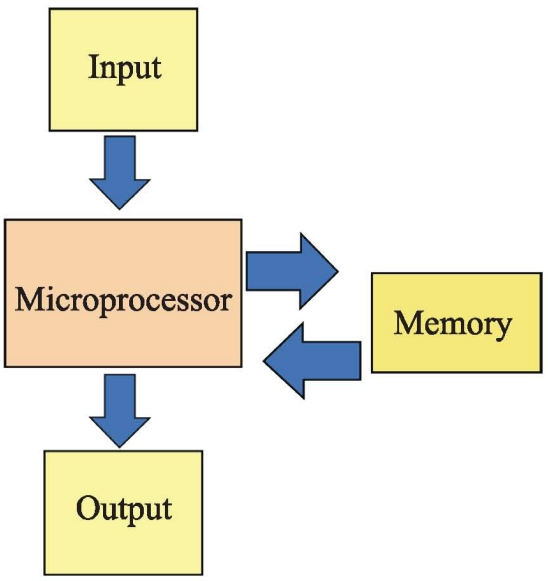


Fig. 13.13 : Construction of a computer

To play any programme in the computer, we have to communicate with it from outside. The tools (key-board or mouse) that are used to communicate with the computer are called input device. On the other hand, computer delivers information to its user. The tools (monitor, printer) which the computer uses to communicate with the outside world are called output device.

However, nowadays, the easiest way to communicate with computer is networking. Each computer has a Network Interfacing Card (NIC) which is used to connect with a network, and thus, computer receives and transmits information with it.

13.5.2 Internet and E-mail

Internet

You have already read many times about what computer is and how it works. The computers of an institution are generally connected to a network so that one computer can communicate with another and one computer can use the resource of another one in need. This type of network is called LAN (Local Area Network). Nowadays, many computers are connected to a single switch and all the switches are connected to each other. When a computer wants to communicate with another one, it directly communicates with that if it is available among the connected switches. If it is not available there, the computer searches for it in other switches.

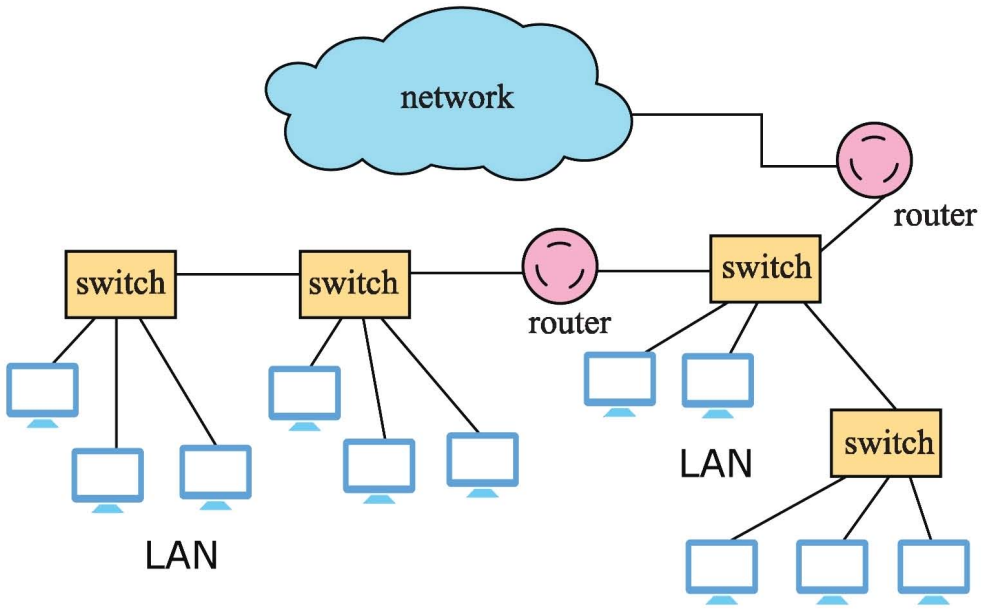


Fig. 13.14: Several LAN connected to a network

A router is used to connect the LAN of an institution to that of another institution (Fig : 13.14). The interconnection of various networks within themselves is called Internet. At this moment, about nine billion computers or other devices are connected to network and the number is increasing every day.

Therefore, Internet is a network of networks where private, public, educational institutions, trade and commerce, government, non-government, local or global—all types of networks are involved. To prepare this large network, various types of electronic, wireless and fiber-optic network technology have been used.

By using Internet, now, various types of information can be exchanged, many kinds of services can be provided. For example, there are many websites, electronic mail, telephone and video communication, exchange of information, social networking, recreation, educational and research tool and many kinds of Internet-based services. People of the whole world have become dependent on Internet and it has brought about a revolutionary change in our life-style. It may

be mentioned that as all people of the world have equal access to Internet, it can be used and misused in different types of publicity and maligner. Besides damaging network by creating harmful software, presenting objectionable information to spread malice and envy, the criminals also use Internet secretly in their activities.

In spite of some negative aspects, Internet is the greatest contribution to this civilization and this is for the first time, all people of the world have got equal opportunity to participate in a technology. People of the globe are eagerly waiting to see what the impact of this network will be on the next world.

E-mail

The abbreviated form of electronic mail is e-mail and by e-mail we mean digital exchange of information between two persons by using network through digital devices like computer, tablet, and smart phone and so on. The first e-mail was transmitted in 1971 and in only 25 years, the number of e-mails has exceeded the number of postal letters. At present, we cannot imagine even a single day without e-mail.

To transmit an e-mail, first of all, the e-mail address of both the sender and the recipient are needed. All of you are familiar with e-mail address and you have noticed that the e-mail address is divided by the letter @. If abc@def.com is an e-mail address, the part after @ is the domain name which indicates which institution the user is involved with. The first part is the user's identity of any kind.

Always an e-mail server is needed to send e-mail through electronic devices like computer, laptop, tablet and others. This e-mail server preserves the user's e-mail and exchanges e-mail with other users. Another very popular process of exchanging e-mail is e-mail service provided by Internet. They include gmail, yahoo, hotmail etc. which not only provide free service but also takes the responsibility of preserving e-mail of others.

To send e-mail, it is always necessary to write the e-mail addresses of the sender and the recipient. An e-mail can be sent to more than one recipient. If necessary, an e-mail can be transmitted as carbon copy (cc) to another person. At the beginning of an e-mail, a title of the e-mail content is written as the subject. Not only that, besides the subject matter of the e-mail, any document, and picture can be attached to it and sent.

E-mail, Internet or various social networks have opened a new door of prospect for us. At the same time, the abuses of the technologies can easily bring disaster in our life. Therefore, it is unnecessary to say that we have to use these powerful technologies with responsibility.



Individual Task

Task: Make a list of what irresponsible things can be done through e-mail, Internet and social network.

13.5.3 Instruments Relating Communication and Health Problems

Health Problems

Extensive use of information and technology creates health problem. Those who play any game in computer for a long time fall victim to health problems as they feel pain on the top of the finger like the piercing with needle there, develops a blister on the top of the finger and sometimes fingers swell up etc.

Those who work with computer for a long time as a result of using key-board and mouse for a long time and for many days there arises much stress and pressure on their veins, nerves, grips, shoulder and neck. So, if they do not take sufficient rest in between the gap of the work then there may arise many problems including pain in these organs. Among these problems there are pains in hands, arms, fingers, and swelling of fingers etc.

Without taking rest in the gap of the work any person working with the computer for a long time suffer from different kinds of eye problems. This is called computer vision syndrome. In this syndrome there are burning sensations of eyes, dryness of eyes, and itching, sometimes eye becomes red and water of human eye dries up.

The Way of Remedy

Prevention is better than the treatment for the health problem arising from using computer. We should be careful so that these health problems do not arise, For different problems created in hand, grip of hand, finger, shoulder and neck the things to do are :

1. To seat properly and to look straight forward at the time of working with computer.
2. To type in proper method. During typing hands do not remain on any things (any support) and the hand and finger remain straight.
3. To take rest for five minutes after working about half an hour and to relax shoulder and neck.

To prevent the problem of eye due to computer vision syndrome the precautions to be taken are:

1. The screen of the computer must be at a distance of 50-60 cm from your eye.
2. If any document holder is used it must be kept nearer to the screen.
3. Light of the bulb over the head and of the table lamp be-such low intensity that it does not fall on the eyes or on the screen of the computer.
4. Look at any object at far distance after every 10 minutes'; this will help eyes to feel comfortable.

Hence necessary precautions should be taken to avoid the problems which arise from using computer.

Mental Problem

The use of computer may cause some health problems but mental problems resulting from using computer are more serious than health hazards. Because of

availability of the Internet, nowadays almost all people can use it. Internet has opened the storehouse of knowledge and information. Similarly, it has arrangement for making the callous users hypnotized with the services like social network. Psychiatrists have come out with research findings that the way men become addicted to drugs, in the same way, they may be addicted to excessive use of computer, Internet or social networks. There are even examples of death by playing computer games. Therefore, we should always keep in mind that all modern technologies are not good. As there are many unnecessary and harmful technologies in the world, in the same way, misuse of good technologies may become a curse in our life.



Investigation (2 periods)

Suppose the title of your task is :

'Health problems of the children who use computer excessively: an investigation'.

The purpose of your research may be-

1. To identify the health problems created for using computer excessively.
2. To know whether there is any difference in health problem between the professional and non-professional users of computer.
3. To know the causes of these health problems.
4. To know whether there is any relation between the health problems and age of the user.
5. To know how to prevent and solve this problem.

After that you are to select an area and then to mark the computer user. Sometimes you may not get many computer users in the same area. Then you are to search out in different area to get computer users and take sample from the users if there are many users. For this your friends can distribute the work among themselves.

Next you are to make a report of your investigation. In this report there should be -

(1) Title
(2) An introduction
(3) Purpose of investigation
(4) Sample of investigation (person or region)
(5) The process of collecting data of the enquiry
(6) The process of analyzing data.
(7) The result and comments of investigation and recommendations.



Exercise



Multiple Choice Questions

1. Which one is the mother of all networks?

a. e-mail b. internet
c. mobile d. telephone

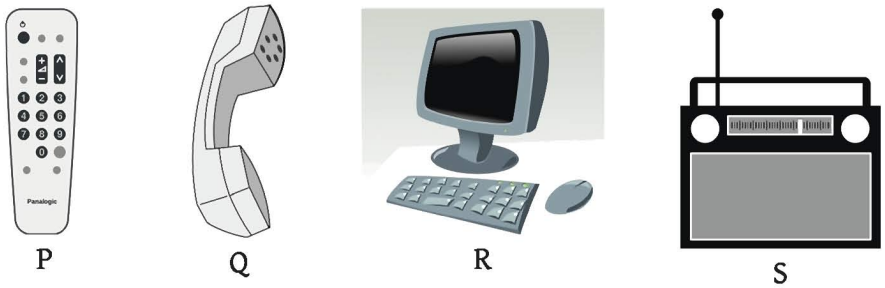
2. Applicable for computer?

i. Computer cannot make mistake it identifies the mistake.
ii. Computer can correct the mistake itself.
iii. Computer can work tirelessly and correctly.

Which is correct?

a. i and ii b. i and iii
c. ii and iii d. i, ii and iii

Answer question no 3 and 4 from the figure below:



3. Which one is effective to hear weather forecast?

a. P b. Q
c. R d. S

4. Excessive use of the instrument 'P'?

i. may arise headache and vomiting tendency.
ii. may cause convulsions and high blood pressure.
iii. may have sound sleep.

Which of below is correct?

a. i and ii b. i and iii
c. ii and iii d. i, ii and iii

Creative Questions

1. Farhan and Fahad play computer game and watch television if they find time. Farhan watches television sitting near the TV. Recently Farhan feels pain in the finger and burning effect in the eyes. Mother forbids Farhan not to operate computer and not to watch television sitting very near to the television.

a. What are the fundamental colours of coloured television?

b. What does it mean by digital signal?

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c. Describe the mechanical technique of the first instrument in the figure?

d. Analyse the causes of the problems of Farhan mentioned in the citation above?

2. Nazrul Islam always works with Internet. One day seeing an advertisement for a job abroad in the Internet when he submitted an application for the post he was asked from the other end to send copies of his necessary papers and original certificates. He sent the papers within few minutes by a special process instead of scanning the papers.

a. What is hardware?

b. What is meant by audio signal?

c. Explain the effectiveness of the first time communication medium used by N azrul Islam

d. Why did Nazrul Islam sent the necessary papers in special process in lieu of Internet? Analyse.

Chapter Fourteen

Science to Save Life



A healthy, strong and disease free body is necessary for us to live. We cannot live in normal state in spite of utmost effort. Sometimes we are attacked with different diseases. For diseases medical treatment is a must. For medical treatment overall diagnosis is essential. In recent times there is enough development in medical science. By applying different theories of science, new instruments have been developed to diagnose diseases. As a result, it has become easy to identify, cure and to prevent the health problems applying various techniques. The contribution of physics in the diagnosis of diseases is praiseworthy.



After the lessons of this chapter we will be able to-

- Describe the application of scientific theory and assumption for different instruments used to diagnose (investigate diseases) in medical science.
- Describe the health problems created by the use of modem technology and instruments and the technique of prevention.
- Appreciate the contribution of science in diagnosis (investigation of diseases).

14.1 Instruments to Diagnose Diseases

In 1950, the average life expectancy of the world people was about 50 years. After sixty years, that life expectancy has increased by more than 20 years. The average life expectancy of the world people has increased due to development of life-style, vaccination, health consciousness and advancement in medical treatment.

You can certainly speculate that the advancement in medical science has a relation to human life expectancy. Similarly, the development of medical science has been possible due to modern instruments which have helped diagnose many diseases easily. There was a time when doctors diagnosed diseases by observing the external symptoms of patients. Many things about the body were to be presumed, diseases could not be diagnosed properly. Due to modern instruments, now diseases are not only diagnosed flawlessly but also treated effectively.

14.1.1 X-ray

In 1885, Wilhelm Roentgen invented a high-power ray which could obtain picture on the photographic plate through the muscles of the body. As the

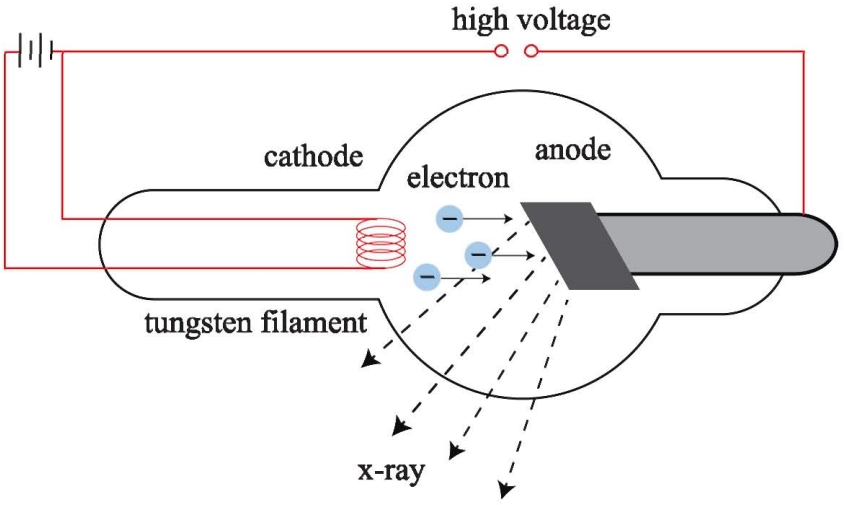


Fig. 14.01 : The work process of x-ray tube

properties of this ray could not be known at that time, it was named X-ray. Now, we know that X-ray is an electromagnetic wave like light but its wave- length, being several thousand times shorter than normal light, so its power is also several thousand times more than normal light. We cannot see X-ray with the naked eye as its wave-length is very small.

Figure 14.01 shows how X-ray is produced. There are two electrodes on two sides of a glass ball. The electrodes are anode and cathode. The cathode is heated by passing electrical wave through tungsten. Due to heat, electrons get released from filament and rush towards the anode because of positive voltage. The more the voltage in the anode and the cathode will be, the more speedily the electrons will rush towards anode. In the X-ray tube, this voltage may be nearly 100 thousand voltages. Electrons rushing out from cathode at a terrific speed hit the anode. Due to this powerful strike of electron, the orbital electrons in the atom of anode are unmade from orbits. Then an electron from outer orbit fills that place. The amount of energy that becomes surplus gets released as powerful X-ray. The wave-length of X-ray depends upon which metal will be used as anode. Generally, copper is used as anode. X-ray can be used in many ways. A list of some of its uses is given below.



Fig. 14.02 : X-ray of hand and foot

1. Displaced bone, fractured and broken bone etc. can be easily identified (Fig : 14.02).
2. X-ray is used to identify dental cavity and tooth decay.
3. Intestinal obstruction can be identified by X-ray of the belly.
4. Stones in kidney and gallbladder can be identified by X-ray.
5. X-ray of chest helps diagnose lung diseases like tuberculosis, pneumonia, lung cancer etc.
6. X-ray can destroy cancer cells, and so, it is used in radiotherapy as a medical treatment.

Necessary precautions are taken so that unnecessary rays of X-ray can do no harm to the body. For this reason, while using X-ray, other parts of the body must be covered with lead-made apron. X-ray of the belly or abdomen of a pregnant woman is not done unless there is an emergency.

14.1.2 Ultrasonography

The photographs of inside organs and muscles of the body are taken with the help of ultrasonography. To do it, echo of the ultrasonic wave is used. As the sonic wave has the frequency of 1 to 10 megahertz, it is called ultrasonography. Figure 14.03 shows the picture of ordinary 2D and recently invented 3D ultrasonography.

In ultrasonography, high frequency ultrasonic wave is produced by exciting a crystal named transducer with electrical energy. In the ultrasonographic machine, the wave is transformed into a narrow beam. The body organ that is needed to be refracted is touched with the transducer to send the beam inside the body. For this, the patient does not feel any pain or discomfort in the body. The beam is reflected, absorbed and circulated to the target organ according to its nature. When the beam incidents on the muscles or on surfaces of various planes of different blood density, a portion of the wave echoes and returns to the transducer. These echoes, getting converted into electrical signal, are combined, and thus, a complete image is created.

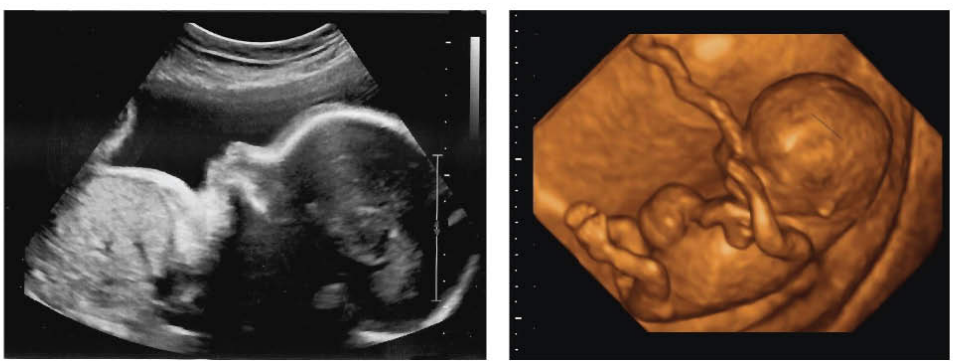


Fig. 14.3: Picture of ordinary 2-D and 3-D ultrasonography

Ultrasonography is used to perform the following activities:

1. The most important use of ultrasonography is made in gynecology and midwifery. Shape and size of the embryo, its normal and abnormal position can be known with the help of ultrasonography. It is swift, safe and reliable procedure in midwifery.

2. Ultrasonography is done to identify tumour in female reproductive organ and other pelvic presence.

3. Ultrasonography is used to identify gallbladder stone, heart malfunction and also to remove tumour from the body. Ultrasound which is used to test the heart is called echocardiography.

4. Ultrasonography is far safer than X-ray. Even then, it should be used for a limited time rather than using indiscriminately. The transducer is frequently moved at the time of ultrasound test so that it does not send beam to a particular place continuously.

14.1.3 CT Scan

The term CT scan is the abbreviated form of Computed Tomography Scan. Tomography means creating image of a slice or two dimensional part of a three dimensional object. In medical science, X-ray is used in this machine. During ordinary X-ray, once two dimensional image of a three dimensional organ is taken. In a CT scan machine, one X-ray tube emits X-ray moving round the patient's body, and on the other end, a detector continues to take images. To make the image clear, a contrast solute is injected in the patient's body.

Obtaining circular X-ray image from around, those images are combined by analyzing through computer, and thus, the internal construction of a complete slice is acquired. After taking the image of a slice, the CT scan machine again takes X-ray image in circle moving the patient a little forward. By analyzing the images, the complete image of internal construction of another slice is obtained (Fig : 14.04). In this way, moving the patient forward little by little, the image of many slices of a particular organ is taken. Arranging many slices of bread one

after another, we get a complete loaf of bread. In the same way, by combining many slice pictures of an organ, we can obtain a three dimensional image of the internal part of the patient's body. Observing the work process of CT scan, you can certainly speculate that it is a very expensive, complex and magnificent machine. This machine can draw perfect three dimensional pictures of internal body organs without entering into the body. It has become a very important machine (Fig : 14.05) in modern medical science.

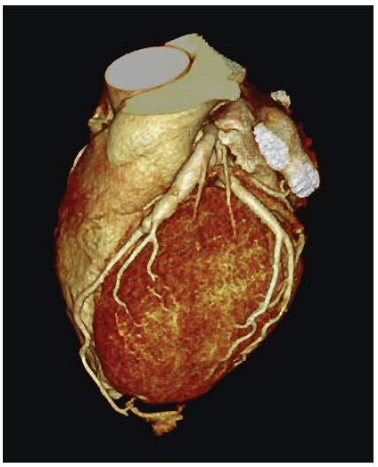


Fig. 14.04: CT scan of heart

The following activity can be done by using CT scan:

1. With the help of CT scan, the complete pictures of soft tissue of the body, blood circulating vein or artery, lung, brain etc. can be obtained.

2. CT scan is used to identify liver cancer, lung cancer and pancreas cancer.



Fig. 14.05: CT scan machine

3. The image of CT scan can identify tumours. It can tell about the size and position of tumour and can also inform about how much, the surrounding tissue of the tumour, has been damaged by the tumour.

4. CT scan of the brain can detect whether there is any secretion of blood from the brain, any swelling of veins or any existence of tumour.

5. The problem in blood circulation can also be detected by CT scan.

Cautions: As X-ray is used in CT scan, the pregnant women are not recommended to use it. The dye, that is used to increase colour contrast, can create allergy-related problems to some people. So, we are to be cautious about using it.

14.1.4 MRI (Magnetic Resonance Imaging)

About seventy percent of the human body is water and that means every organ of the human body contains water. In each molecule of water, there is hydrogen and the nucleus of hydrogen is proton. If strong magnetic field is applied, the protons orient in a straight line towards the magnetic field. If then a magnetic wave of a particular frequency is sent, these protons, taking power from that wave change their direction. This process is called **nuclear magnetic resonance**. In Physics, based on this amazing incident, Magnetic Resonance Imaging or MRI has been made (Fig : 14.06).

MRI machine looks like CT scan machine but its procedure is completely different. In CT scan machine, reflections are obtained by sending X-ray , while in MRI machine, electromagnetic wave of radio frequency is applied on the patient's body keeping him/her in strong magnetic field. Signals, returning from the hydrogen protons of the body water molecule, are analyzed in computer and an image of the internal organs of the body is created.



Fig. 14.06: MRI machine

Things done by CT scan can also be done by MRI. However, the distinction in the soft tissue inside the body can be clearly understood by MRI. CT scan takes only five to ten minutes. In comparison, MRI takes time a little more. As X-ray is used in CT scan, it has some risks of radiation. In MRI, there is no such risk.

MRI cannot be used keeping anything metallic (such as: pace maker) inside the body, because RF wave may create dangerous situation by heating up metals.

14.1.5 ECG

The term ECG is the abbreviated form of Electro Cardiogram. Through ECG, electrical and muscle-related activities of human heart are observed. We know that, without any external stimulation, human heart can produce micro electrical signal which spreads inside muscles and creates heart-beat. By using ECG machine (Fig : 14.07), we can detect these electrical signals of our heart. With its help, we can measure the rate and rhythm of heart-beat. ECG signal gives an indirect evidence of blood circulation in the heart.



Fig. 14.07 : ECG machine

For ECG, electrodes are attached to the body to receive electrical signals. Two electrodes on two legs, two on two hands and six electrodes are attached on part of the chest adjacent to heart. Electrical signals are collected from each of the electrodes. When these are printed, it is called electrocardiogram (Fig : 14.08).

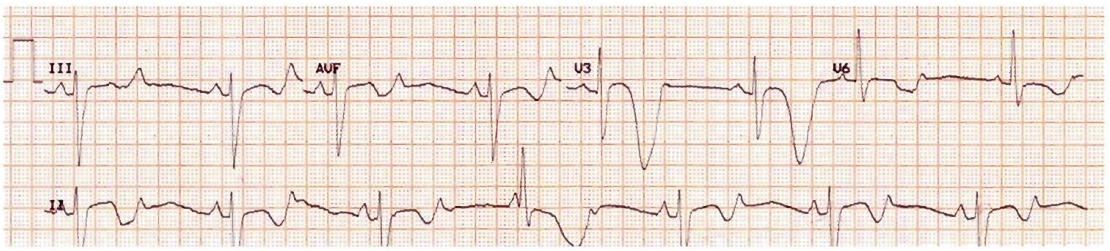


Fig. 14.08: Electrical signals obtained from ECG machine

The electrical signals obtained from each of the electrodes of a healthy person have a normal pattern. If any abnormal condition occurs in the heart of a man, the electrical signals from the electrodes of that man will be different from the normal pattern.

ECG is done in case of palpitation in the chest as a cause of any common disease, irregular or fast heart-beat or pain in the chest. Moreover, ECG is helpful in regular check-up and before a major operation.

The abnormal conditions of the heart that can be diagnosed through ECG are—

1. Abnormal heart-beat i.e. if the heart beat is more or less than normal.
2. If there was a heart attack.
3. If the heart is enlarged.

ECG machine is a very simple tool. By using it, much important information about the condition of heart can be obtained. For this reason, it is widely used in the treatment of a patient.

14.1.6 Endoscopy

The procedure of watching any organ or hole inside the body, directly from outside, for any medical cause is called endoscopy. With the help of endoscopy, the internal parts of the hollow organs of the body are tested (Fig : 14.09).

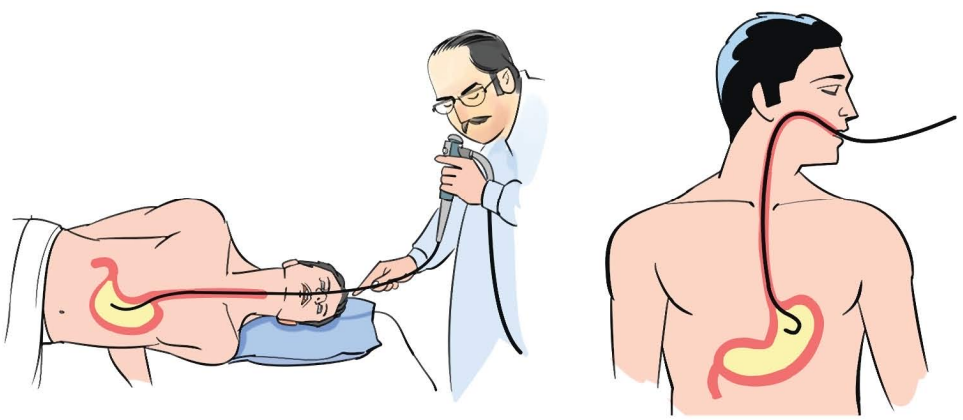


Fig. 14.09: The procedure to watch inside the stomach through endoscopy

There are two transparent tubes in an endoscope machine. Through a tube, an intense light is passed on a particular organ of the patient's body from outside. It is done through optical fiber. As light enters into this fiber through full internal reflection, the tube does not need to be straight, it may be zigzag. When the damaged or diseased part of the patient's body is illuminated, the picture of that part can be seen through the second tube. The object to be seen must remain at a straight line. But any organ inside the body cannot be looked at in a straight line.

So, optical fiber is used to watch the picture where light can pass in a zigzag way through complete internal reflection. To watch any particular part inside the body keenly, a bundle of at least 5-10 thousand fine optical fibers is used. As each fiber brings the image of a dot, combining all a very flawless picture can be seen. Since optical fiber is very fine, the cross-section of even 5-10 thousand fiber is not more than a few millimeters.

Now-a-days, due to very small CCD camera technology, attaching a micro camera at the end of the endoscopy tube, video signal can be seen. Doctors use endoscopy to test any uneasiness, wound, inflammation and abnormal growth of cell. The organs that are tested by using endoscopy are-

1. central divisional part of lung and chest
2. stomach, small intestine, large intestine or colon
3. female reproductive organ
4. belly and pelvis
5. front part of urinary bladder
6. nasal cavity, sinus around ear, and nose.

During endoscopy test, a tube is penetrated directly at the wound and sample of that wound can be obtained, and so, it can be used in surgery in some cases.

14.1.7 Angiography

Angiography is used to watch blood vessel inside the body through X-ray. As blood vessels cannot be seen clearly by common X-ray, special contrast material or contrast coloured liquid (dye) is injected through the blood vessels during angiography test. Right at the part of the blood vessel that is to be tested, a fine and flexible tube is pushed there through a vein to pass coloured liquid. This thin hollow and flexible tube is called catheter. After passing the dye at the particular place through catheter, X-ray of that place is taken. Because of the existence of dye, the blood vessels can be seen clearly in X-ray (Fig : 14.10). Dye is later separated by filtering with the help of kidney and comes out from the body with urine.

Normally the doctors recommend angiogram to test the following problems:

1. If there is a blockage in vein outside heart. If a blood vessel is blocked, normal circulation of blood is hampered. If proper amount of blood is not supplied to the heart, it cannot function properly and the risk of heart attack increases.
2. If the vein is enlarged.
3. To realize the condition of veins in kidney.
4. If there is any problem in the artery.

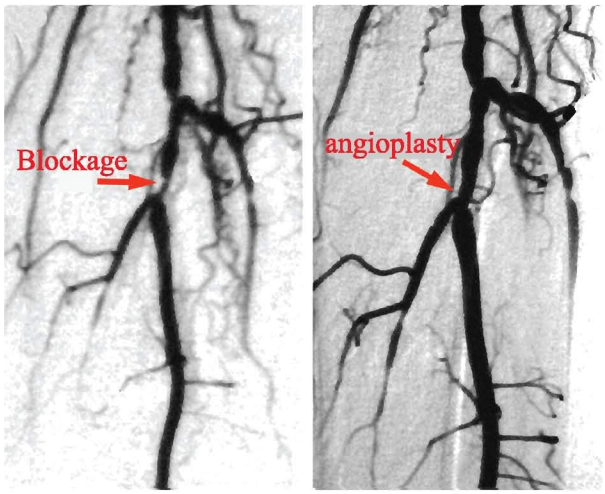


Fig. 14.10: Identification of Blockage Normal Blood after angioplasty in the Blood Vessels after Angiogram

During CT scan or MRI, all tests are done from outside the body. During angiogram, a catheter is pushed inside the blood vessels, and so, the treatment of blood vessel blockage can be done instantly without any operation. The process by which the blockage of blood vessels is removed is called angioplasty. During angioplasty, a small balloon is sent inside the blood vessel and the blood vessel is stretched through inflating it. In some cases, a small ring is entered so that the shrunken vein remains enlarged and necessary blood can circulate.

14.2 Science in Treatment

14.2.1 Radio Therapy

The term radiotherapy is the abbreviation of English term 'radiation therapy'. Radiotherapy is the use of radiation in the treatment of any disease. It is mainly used in cancer treatment. In radiotherapy, high power X-ray is used to destroy cancer cells. Through this X-ray, DNA in the cancer cell is destroyed so that the

cells don't multiply. By using radiotherapy, a tumour is shortened before surgery or the remaining part of the tumour after surgery is demolished.

For radiotherapy treatment from outside, generally a high power X-ray is produced by using a linear **accelerator.** The radiation beam is sent facing the part of the body where the tumour is located (Fig : 14.11). Then, the beam not only destroys cancer cells but also damages their cell division capacity. As the beam cannot be sent only at the area attacked with cancer, some healthy cells in the surrounding area are also destroyed. When radiotherapy is stopped, the healthy cells begin to be active again.

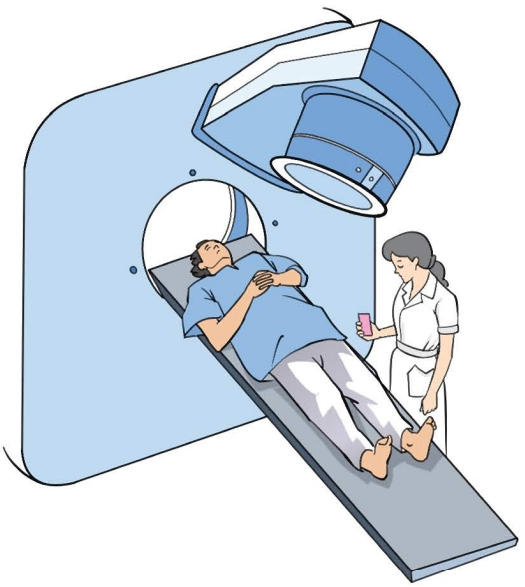


Fig. 14.11: Radiotherapy machine

14.2.2 Chemotherapy

Owing to cancer, the cell division rates increase abnormally. Chemotherapy is such a treatment where a special chemical is used to destroy fast dividing cancer cells which are harmful to the body. It is a widely used process in cancer treatment.

Procedure: Every living body is formed of cells. These cells increase in size or in number by division. Chemotherapy is done on the basis of this division of cells in the living body. The chemical medicines used in chemotherapy are applied at a definite stage of cell division. The chemical medicine is selected depending on the stage of cell division in which the medicine will be applied. It continues for a fixed period, such as: once daily, once weekly or once monthly.

Risks or Side-effects of Chemotherapy:

1. Fall of hair
2. Burning of some organs like palate of hand and foot
3. Problems in digestion, problems like diarrhoea, dehydration, vomiting and so on
4. Obstruction in producing red blood cells, white blood cells and platelet

Strategies to Avoid Risks of Chemotherapy

1. To keep attention on body temperature
2. To take liquid or soft food
3. To clean the wastes like stool, urine, vomit etc. of the patient taking chemotherapy very carefully with antiseptic.

14.2.3 Isotopes and Its Uses

Isotopes are variants of a particular chemical element which differ in neutron numbers. In nature, various isotopes of many elements are normally found as radioactive. Moreover, radioactive isotope can be produced by nuclear reaction. In medical treatment, this radioactive isotope is very often used. As these isotopes are used to identify diseases, so they are used to cure diseases.

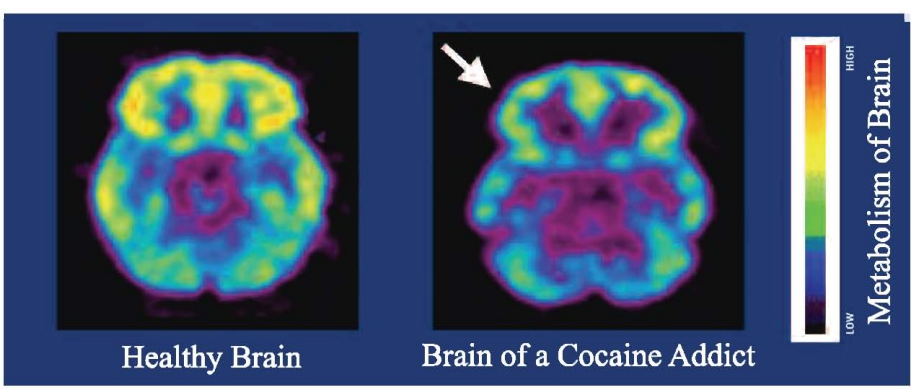


Fig. 14.12: The pictures of the active part of normal and cocaine addict human brain through PET scan

In some organs of the body, sometimes any special compound is added separately. Observing the amount of that compound , important information about that organ can be obtained. To realize the amount of compound, any of its atoms are changed by using radioactive isotope. Through the radiation of that radioactive isotope, the amount of compound in the particular organ can be realized. Generally, the isotope radiates gamma ray and this gamma ray can be identified from outside.

Perhaps an amazing example of the use of radioactive isotope is PET or Positron Emission Tomography where the radioactive isotope radiates positron. You know positron is the anti particle of electron and being added to electron, it is converted into power. These two powers are emitted as gamma ray from two opposite sides. Identifying two gamma rays of particular power from opposite sides, we can understand from which direction the gamma ray has been emitted. From that information, we not only know the existence of positron production but also can tell how much and where it really exists. If we connect an isotope that radiates positron in glucose, by using PET, we will be able to calculate what amount of positron has accumulated in which part of the brain. From this information, it is possible to say at which time the particular part of the brain remains active (Fig : 14.12) by using more glucose. PET technology has played an epoch-making role in detecting the functions of human brain.

Radioactive isotope is used not only to find out the work procedure of various organs, it can be used to cure diseases as well. ^{60}Co is a gamma ray radiating isotope which is used to destroy cancer cells by using gamma ray. ^{131}I (iodine) is used in thyroid treatment. It is so effective in thyroid treatment that today thyroid surgery is not needed.

Besides these, in the treatment of leukemia, a kind of blood cancer, phosphate containing radioactive phosphorus isotope ^{32}P added is used.

Exercise

Multiple Choice Questions

1. Which one is used for the treatment of cancer?

a. MRI b. Chemotherapy
c. Angiography d. Ultrasonograpy

2. Which one is applied in endoscopy?

i. refraction of light
ii. emits electrical wave.
iii. total internal reflection of light.

Which one is correct?

a. ii b. iii
c. i and ii d. ii and iii

Read the article below and answer question no. 3 and 4 :

Mr. Rafik felt a pain in the chest and went to investigate (diagnose) it. During this investigation (diagnosis) a special type of liquid was pushed through the blood vessel of Mr. Rafik.

3. Which investigation (diagnosis) was done by Mr. Rafik?

a. endoscopy b. angiography
c. chemotheraphy d. tungsten

4. What substance was pushed through the blood-vessel of Mr. Rafik?

a. a liquid 'dye' b. liquid oxygen
c. molybdenum d. tungsten

Creative Questions

1. Mr. Rahman is suffering from bellyache for a long time. He saw a doctor for this problem, the doctor advised him to go for endoscopy. On the other hand Sumon, the son of Mr. Rahman suddenly fell from the stair, sustained a blow and fractured his hand. Subsequently, he went to the doctor, the doctor advised him to go for X-ray.

a. Write the full name of MRI?
b. What does it mean by radiotherapy?
c. Why did the doctor advise Sumon to go for X-ray?
d. How much effective is Endoscopy to diagnose the disease of Mr. Rahman? Give option.

2. Mr. Rashid was returning home from his office. Suddenly the car fell on an accident, Mr. Rashid sustained a hit on the head and became unconscious. Colleagues took him to a doctor, he was advised to go for CT scan. After few days, Mr. Rashid's brother felt terrific pain in the chest. He saw a doctor, the doctor advised him to go for ECG.

a. What is angiography?
b. What does it mean by ultrasonography?
c. Why did the doctor advise Mr. Rashid to go for CT scan?
d. Analyze the role of ECG in the medical treatment of Mr. Rashid's brother.

The End

2018

Academic Year

9-10 Science

"দেশ তোমাকে কী দিতে পারবে সেটা জিজ্ঞেস করো না,
বরং নিজেকে জিজ্ঞেস করো তুমি দেশকে কী
দিতে পারবে।" –জন এফ কেনেডি

সমৃদ্ধ বাংলাদেশ গড়ে তোলার জন্য যোগ্যতা অর্জন কর
– মাননীয় প্রধানমন্ত্রী শেখ হাসিনা

নারী ও শিশু নির্যাতনের ঘটনা ঘটলে প্রতিকার ও প্রতিরোধের জন্য ন্যাশনাল হেল্পলাইন সেন্টারে
১০৯ নম্বর-এ (টোল ফ্রি, ২৪ ঘণ্টা সার্ভিস) ফোন করুন

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